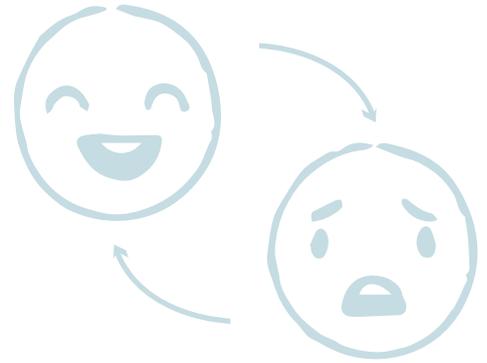


# WELLBEING STRESS TEST



	Never	Rarely	Quarterly Occasionally	Monthly Frequently	Weekly More often than not	Everyday
Do you feel tired?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you forget to eat?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you overeat?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you drink alcohol?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you drink coffee?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you get indigestion?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you get colds & flu?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you get headaches?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Does your neck and shoulders ache?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you find it difficult to exercise?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you find it hard to make decisions?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you feel insecure?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you feel overwhelmed or helpless?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you set unrealistic deadlines?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you feel irritable or easily annoyed?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you have difficulty focusing your attention?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you have difficulty making time for and enjoying your hobbies?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you ever find yourself wanting to cancel appointments with friends?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you respond reactively (outbursts/overly emotional/anger) to minor problems?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you have difficulty winding down and relaxing?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
Do you have trouble sleeping?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

Total score \_\_\_\_\_



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# RESULTS

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**0-30**

Well done! You are handling the ups and downs of daily life and maintaining your balance. Try and avoid unnecessary stress and keep yourself physically and mentally healthy.



**30-60**

You're coping okay, but you could use some improvements. You may be suffering some stress-related symptoms. Find ways to reduce stressors where possible, and make sure you find time to relax and wind down.



**60-85**

You're experiencing some significant stress. Pay close attention to your lifestyle and reconsider your current diet, exercise and relaxation status. Make yourself and your wellbeing priority number one and utilise your support network.



**85+**

You are most likely experiencing extreme stress! Contact your healthcare practitioner as soon as possible, as they will be able to support you through the changes necessary to reduce your stress.

## COPING TIPS TO ENHANCE YOUR WELLBEING

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### TIME OUT

It's important to take time out for yourself. By taking time out, it allows you to "fill up your tank" so that you have the energy and mental resilience to care for and communicate more effectively with those around you. Choose an activity that you enjoy, read a book, take a bath, finish a project that brings you joy, book a haircut, facial or massage or just take yourself out to a movie or coffeshop to relax and have some alone time.

### ASK FOR HELP

If you are feeling overwhelmed, exhausted or burnt out, ask for help!

Reach out to your friends, family members, coach, counsellor or support line. To speak up and truthfully discuss how you are feeling shows true strength, determination, grit and character. Some may think or feel (incorrectly) that it makes them weak however nothing could be further from the truth! You'll be amazed at how much better you will feel as soon as you release some of the internal pressure and unburden yourself from the "I've got it all together smile" and act.

### BECOME AWARE OF YOUR THOUGHTS

At any given time, watch for and listen to your thoughts!

Are you thinking about the past or the future?

Is your internal dialogue loving, patient and kind or unforgiving, harsh and mean?

Do you want to say "no" to requests from others but you say "yes" and take on more than you should?

### CHOOSE TO CREATE A NEW, MORE EMPOWERING PLAN

Life gets busy! It's so easy to feel at times as if you've lost control and that life is running you (rather than the other way around).

Sit for a few minutes and create a new plan that supports you achieving the things that you desire but please: do this from a place of strength and resilience. You owe it to yourself and your loved ones.

If you would like to talk over your results or would like some help with creating, adjusting or implementing your wellbeing plan, please feel free to book a complimentary wellbeing call or [contact me](#). I look forward to speaking with you soon.

*Kym*

*kp*

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If you are thinking about suicide or experiencing a personal crisis  
Help is available. No one needs to face their problems alone

[Lifeline](#), 24hr counselling, phone 13 11 14