Freedom From Lockdown Stress

CHALLENGE

WHAT'S YOUR SQ?

Please select the answer	that best describes yo	u.
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I find when things.	I try to g	go to slee	ep, my mino	d just keeps	s racing	about			
1 Not At All	2	3	4	5	6	7 Absolutely			
I find my appitite changes, I'm either eating more or eating less.									
1 Not At All	2	3	4	5	6	7 Absolutely			
I find myself getting angry over the little things.									
1 Not At All	2	3	4	5	6	7 Absolutely			
I find I am having increased health issues (i.e. migraines, pain, digestive, hair loss, hypertension)									
1 Not At All	2	3	4	5	6	7 Absolutely			
I find my re work / scho	elationshi ool.	ips are b	eing strain	ed by what	goes o	n at home /			
1 Not At All	2	3	4	5	6	7 Absolutely			

Total for all circled numbers: ___

Please circle your score below:

- **5 10** Great news! You have no stress!
- **11 15** Good news! You have just a little bit of stress!
- **16 20** Not bad! You still seem to have a handle on your stress!
- **21 25** Watch out! Your stress levels are starting to cause trouble!
- **26 30** *Warning!* Your stress levels are significantly impacting your life.
- **31 35 DANGER Zone!** You stress levels are putting you in extreme risk.