



Welcome! Test Your Stress Now

Congratulations on starting to seek answers for yourself and getting on the road of improving your life!

Disclaimer: This test is not intended to serve as an assessment of any condition. The results are for informational purposes only. It is meant to help you see whether or not you may be highly stressed out, in which case, you may want to look for help.

Note: As you answer the questions, keep track of how many A, B, and C responses you have. Along with your results, you will get a link to a video on 5 Things You Can Do Today to Start Managing Your Anxiety.

1. What time do you usually go to bed?

- A. Before 10 pm
- B. 10 pm - 11:30 pm
- C. After midnight

2. How frequently do you procrastinate?

- A. Almost never
- B. Sometimes
- C. All the time

3. How often do you experience panic attacks?

- A. Almost Never
- B. 1-3 per week
- C. 1 or more per day

4. Do you use fast food, alcohol, pills/drugs to deal with stress?

- A. Sometimes
- B. 1-3 times per week
- C. Every day

5. How often do you worry that something bad will happen to you or a loved one?

- A. Almost never

- B. 1-2 times per week
- C. All the time

6. Do you find yourself forgetful and/or absent-minded?

- A. Practically never
- B. Quite frequently
- C. All the time

7. On a scale of 0-10 how is your anxiety level right now?

- A. 0-3
- B. 4-7
- C. 8-10

8. Do you have trouble concentrating?

- A. Not really
- B. Sometimes
- C. All the time

9. How often do you eat breakfast?

- A. Almost every day
- B. Sometimes
- C. Never

10. How much coffee or soda do you consume per day?

- A. 0-1 cup or can per day
- B. 2-3 cups or cans per day
- C. 4 + cups or cans per day

Count and record your answers:

A answers: _____ B answers: _____ C answers: _____

Congratulations! You're done.

To get your results now, click the back arrow in your browser, fill out the name and Email address on our Test Your Stress page and press submit.

Your results and recommendations will appear after your submission. Read through the results to find yours, according to which were your predominant answers, A, B or C.

Contact us: doyoueve@gmail.com

