

In this material, we introduce stress assessment tools. The following three tests provide valuable insights into stress levels, helping participants understand their well-being and make informed decisions.

Here's a brief overview:

1. Test Your Stress | Be Mindful:

Perceived Stress Scale (PSS): This widely used tool measures how individuals perceive life stressors. By assessing unpredictability, controllability, and overload, it provides a stress score.

Participants gain self-awareness and early intervention opportunities, as the PSS is clinically validated and evidence-based.

2. Interactive Tool: What Is Your Stress Level? | Kaiser Permanente:

This interactive tool estimates current stress levels based on recent life changes.

It not only informs participants about their stress but also predicts potential health risks associated with stress. By using this tool, participants can proactively manage their health and reduce stress-related risks.

3. Stress Level Test - How Stressed Are You Right Now? | Hitostat:

This test assesses physical and psychological symptoms related to stress.

It covers workload, physical discomfort, and emotional fluctuations. Participants receive real-time feedback, enabling targeted coping strategies and overall well-being enhancement.

What benefits does this tool have for you?

- **Self-awareness and early intervention:** the stress tests provide participants with insights into their stress levels. Early awareness allows proactive management and prevents stress-related issues.
- **Health insights and risk reduction:** participants learn about stress-related health risks through the interactive tool. Armed with this knowledge, they can take preventive measures to reduce health risks.
- **Real-time assessment and targeted coping strategies:** the stress level test offers immediate feedback on stress levels.

Test your stress level

Aims of this activity

1. **Empowerment:** to equip participants with self-assessment tools for stress awareness.
2. **Proactive health management:** to encourage early intervention to prevent health issues.
3. **Resilience building:** to enhance coping skills and stress resilience.

Duration: 60-90 minutes

Why is it important?

- **Risk identification:** detect vulnerabilities before they impact well-being!
- **Strategic decision-making:** informed decisions should be based on stress insights.
- **Employee productivity:** managing stress positively can affect workplace productivity.

How to work with the tests?

Test 1: Test your Stress | Be Mindful:

Take this simple test using the Perceived Stress Scale (PSS), which measures how unpredictable, uncontrollable, and overloaded you perceive your life to be. It's clinically validated and widely used.

<https://www.bemindfulonline.com/test-your-stress>

Assess your stress levels based on unpredictability, controllability, and overload. Use the stress score for self-awareness and early intervention.

Test 2: Interactive Tool: What Is Your Stress Level? | Kaiser Permanente:

This tool estimates your current stress level based on recent life changes. It also indicates if you're more likely to have stress-related health problems in the near future.

<https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.interactive-tool-what-is-your-stress-level.zu1121>

Access the interactive tool and consider potential health risks associated with stress.

Test 3: Stress Level Test - How Stressed Are You Right Now? | Hitostat:

This test assesses physical and psychological symptoms related to stress. It covers workload, physical discomfort, and emotional fluctuations.

<https://hitostat.com/tests/stress-test>

Participants receive real-time feedback, enabling targeted coping strategies and overall well-being enhancement

Remember:

These tests empower you to manage stress effectively. Addressing stress proactively benefits both, individuals and organisations!