

STRESS ASSESSMENT

Are you nervous or irritable?	
Have you lost the sense of well-being?	
Do you get headache often? (More than 2 times/week)?	
Do you feel lonely?	
Are you in a happy relationship?	
Do you have financial stress?	
Are you overweight?	
Do you experience mood swings?	
Do you feel less confident than before?	
Do you get tired easily?	

Your Score :

If you score ≥ 5 ; then it's time for you to consult your doctor