

PACKAGE 2 - QUIZ

On a scale from 1 - 5 , with 1 being strongly disagree and 5 being strongly agree please score the following questions by selecting the corresponding field. Your final score is the sum total of each question's rating.

Please note that this quiz is not a diagnostic tool - simple a starting point for self reflection and used to identify potential areas of focus for improving your health.

I often worry about different aspects of my life

- 1 2 3 4 5

I become easily annoyed or irritable

- 1 2 3 4 5

I often feel nervous, anxious or on the edge

- 1 2 3 4 5

I feel unable to control the important things in my life

- 1 2 3 4 5

I feel that I can not cope with everyday pressures and to-do lists

- 1 2 3 4 5

I have trouble relaxing and finding "me-time", even over weekends

- 1 2 3 4 5

I experience brain fog, memory loss and poor concentration

- 1 2 3 4 5

I often experience low mood

- 1 2 3 4 5

I experience low motivation, even to do the things that I use to enjoy

- 1 2 3 4 5

I have a family history of mental disease that I need to be mindful of

- 1 2 3 4 5

A score of 16 or below indicates a healthy average. A score of 16 and above indicates that your health, especially your stress levels and emotional health, are in need of some reviving.
As a health coach I am here to support you in reaching your health goals.
With very high scores, when making changes to your health it is always advisable to work alongside your medical health practitioner.