

EQUINOX™ Stress Proneness Quiz

Here is a simple quiz to help you **identify how prone you are to feeling stressed**. Each question should be answered based on how frequently you experience the given situations.

Instructions:

For each statement, select the option that best describes how often it applies to you. Use the following scale:

Questions

1. I feel overwhelmed by the amount of work or responsibilities I have.

- Never
- Sometimes
- Often
- Always

2. I have difficulty relaxing, even when I have free time.

- Never
- Sometimes
- Often
- Always

3. I feel irritable or easily frustrated.

- Never
- Sometimes
- Often
- Always

4. I have trouble sleeping or frequently wake up feeling unrefreshed.

- Never
- Sometimes
- Often
- Always

5. I worry about things that are out of my control.

- Never
- Sometimes
- Often
- Always

6. I experience physical symptoms like headaches, muscle tension, or fatigue without a clear cause.

- Never
- Sometimes
- Often
- Always

7. I feel like I don't have enough time to accomplish everything I need to do.

- Never
- Sometimes
- Often
- Always

8. I feel like I need to be perfect or avoid making mistakes.

- Never
- Sometimes
- Often
- Always

9. I struggle to concentrate or focus on tasks.*

- Never
- Sometimes
- Often
- Always

10. I feel anxious or uneasy without a specific reason.

- Never
- Sometimes
- Often
- Always

Summary

Indicate how many of each you have

Never	Sometimes	Often	Always

Reflection

What situations stand out as likely to cause you stress? How can you begin to mitigate that?