



STRESS LOAD AUDIT

When you're constantly feeling overwhelmed, it's easy to think of stress as this big thing that you have no control over - but when you break it down, you can start to see where it's really coming from. Read through the statements below and check off any that apply to you.

I frequently procrastinate	
I often over commit because I hardly ever say "no"	
I rarely take time for myself	
I frequently multitask	
I rely of caffeine or sugar to get me through the day	
I use screens (phone, TV or computer) late at night before bed	
I don't get outside in natural daylight regularly	
I often skip meals	
I don't have a to-do list so everything is in my head	
Work regularly encroaches on my personal life	
My phone routinely pings with alerts and notifications	
I spend long hours sitting	
I rarely engage in hobbies or creativity	
I frequently eat in a rush or on the go	
I check my phone first thing in the morning and last thing at night	
My workspace or home feels disorganised or chaotic	
I rarely meet up with friends	
I struggle with unresolved conflicts in my relationships	
I seldom ask for help when I need it	
I spend more time on social media than I'd like to admit	
I don't take regular breaks throughout my working day	
I replay stressful situations in my mind long after they've passed	

If you checked off 10 or more statements, your stress levels may be affecting your brain health and weight. Choose one or two small areas to focus on first. Reducing even a few stressors can make a big difference in your mental clarity, energy, and resilience.