



Stress Test – Part 1 ^[1]

[Lyndsay T. Wilson](#) ^[2] 11.5K reads

How Are You Holding Up?

Let's take a quick look into your stress levels and make sure you are doing well emotionally.

Stop. Take a deep breath. Relax your entire body and try to clear your mind for a moment. How are you feeling?

Do any of the words below describe you at the moment?

- Curious
- Bored
- Tired
- Angry
- Stressed
- Cynical
- Neutral
- Optimistic
- Calm
- Confident
-

Fearful

- Embarrassed
- Irritated
- Sad
- Overwhelmed
- Nervous
- Excited

Are there any you'd like to add? Jot them down.

Source URL: <https://explorable.com/e/stress-test>

Links

[1] <https://explorable.com/e/stress-test>

[2] <https://msc0606.com.assistedselfhelp.com/users/lyndsaywilson>