

**FEEL FREE TO SHARE**

## Your Mental Health Is Our Priority

**START**


**Complete this simple Survey to predict in which mental state  
you are !**

This stress test uses the **Perceived Stress Scale (PSS)**. It forms part of a wider-ranging self-assessment undertaken by participants of the Be Mindful program.

▶ **HOW YOU FEELING ?**



^



**How you will Track your problem and there Solution**

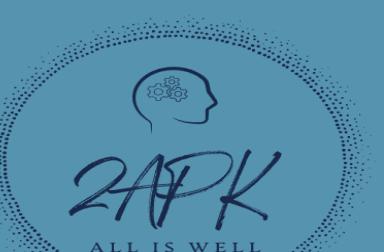
The **Perceived Mental Stress Scale** measures the degree to which situations in your life are perceived as stressful. The series of questions have been designed to assess how unpredictable, uncontrollable, and overloaded you feel your life to be, as well as a direct questions about your current level of experienced mental stress for Wellbeing.

The Survey questions ask about thoughts and feelings during the last month.

They are easy to understand and are of a general nature.

This makes the test relatively free from bias for or against any specific subpopulation group.

▶ **TRACKING SOLUTION**



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## Simply answer the following some questions

How were You Have in Last Month ?

Been upset because of something that happened unexpectedly?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

Been angered because of things that happened that were out of your control?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

Felt nervous and 'stressed'?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

Felt difficulties were piling up so high that you could not overcome them?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

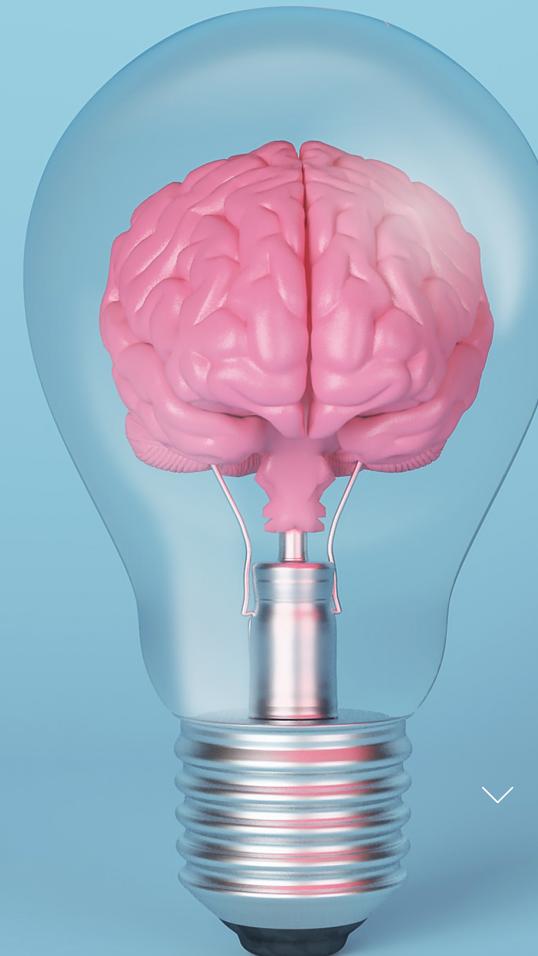
Felt that things were going your way?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often



NEXT

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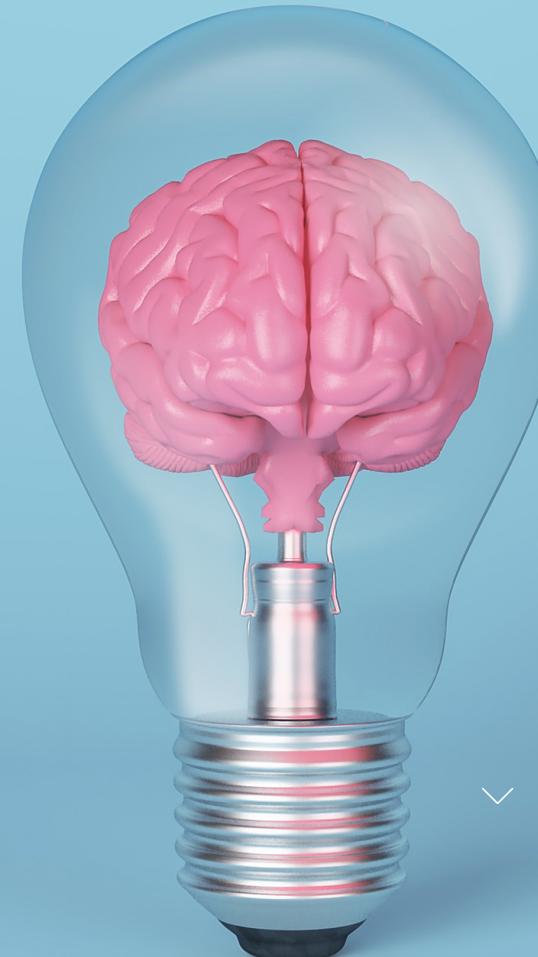
EMAIL

wellness@site.com

PASSWORD

\*\*\*\*\*

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PASSWORD

\*\*\*\*\*

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## Live Chat

Skill Wellness always ready to solve your problem.

March 15th at 17:55

How can the team help you today?