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Your Mental Health Is Our Priority

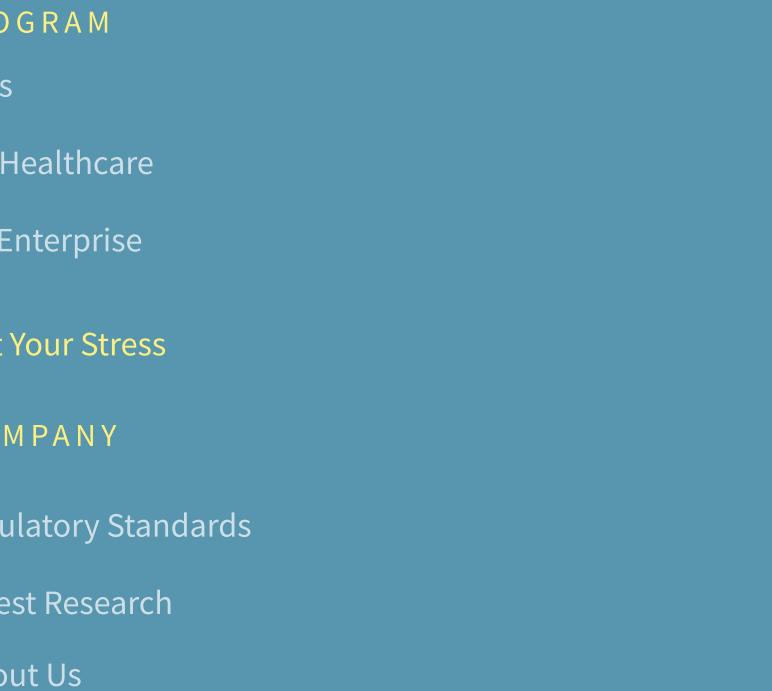
START

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 ?**

No registration required.



The Perceived Stress Scale (PSS) 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 question about your current level of experienced stress.

The PSS 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.

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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 that things were going your way?

- 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**



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