

<https://www.bemindfulonline.com/test-your-stress>

Score: 14

<https://www.mhanational.org/get-involved/stress-screener>

Result: You Could Be Doing Better...

You may be experiencing a degree of stress-related health effects. While you may not be having serious health consequences yet, it's important to lead a healthy lifestyle that includes minimal stress as stress over time can lead to more serious problems. The below resources explain how stress affects your health, and provide important information on how to stay healthy.

https://www.psycom.net/quiz-results/?qid=16_2

Result: mild indication of high stress

<https://psychcentral.com/quizzes/stress-test#10>

Score: 46 out of 110

You've answered this stress test in a manner consistent with people who are experiencing a little bit of stress currently in their lives. If this amount of stress still feels overwhelming to you, you may find it beneficial to schedule a consultation with a mental health professional (such as a psychologist or psychiatrist) to determine whether you might benefit from some help to better cope with the stress levels in your life.

<https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/dadvice-for-new-dads/take-our-stress-test/your-result-is-moderate?s=19>

Result: moderate

I chose to do studies which made me reflect on how I've been feeling for the past month. I realized that a lot of stress I had was controllable, which made me feel reassured. Most stress, especially since midterms ended, were very short term. That being said, the little sleep from not being able to fall asleep easily is kind of alarming and I kind of doubt it is solely from the short term stress. Hopefully I could find solutions as I reflect over time.