

Your Personal Test Result

Thank you for taking this test – it's a great first step towards gaining insight into your mental, emotional, and physical well-being. Based on your answers, your current situation is classified as:

Minimal stress-related symptoms

Summary of findings:

Your responses do not indicate elevated stress levels at this time. There is no pattern of symptoms suggesting early or prolonged overload.

Interpretation:

Your answers reflect a healthy balance between stress and recovery, both mentally and physically. There are currently no signs of chronic stress.

Advice:

While there are no acute concerns, we advise you to actively maintain this balance. Ongoing attention to rest, mental resilience, and emotional processing is essential for long-term well-being.

Next step:

Would you like to gain deeper insight into your personal development or learn more about stress prevention? We invite you to schedule a no-obligation intake with one of our certified coaches.

Warm regards,

Drs. Barbara Kok
Psychosocial Therapist



This test was carefully developed by experienced psychologists and SNRO-certified coaches. The result is indicative and intended as a first step toward awareness and, if needed, recovery. It is not a medical diagnosis but can serve as a helpful tool for personal insight. You are welcome to use this report for your own reflection or share it with your employer, coach, or doctor.



STRESS PROFILE: MINIMAL
STRESS-RELATED SYMPTOMS