

# 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:

## Early signs of stress

### Summary of findings:

Your answers indicate clear signs of stress. While there's no current evidence of a severe or chronic pattern, there is an imbalance that deserves serious attention.

### Interpretation:

You may be in a demanding phase in which your ability to recover is under pressure. If left unaddressed, this could increase your risk of exhaustion or burn-out in the future.

### Advice:

We recommend mapping out your energy balance and stress levels and taking concrete steps toward recovery. Consider creating regular moments of rest, adjusting expectations, guarding your boundaries, and strengthening your mental, emotional, and physical resilience.

### Next step:

We strongly advise scheduling an intake with a professional coach at an early stage. A no-obligation session at BurnoutPoli can help you better understand your situation and prevent further overload.

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: EARLY  
SIGNS OF STRESS**