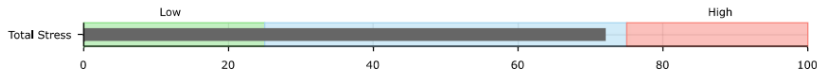


Test d'Évaluation du Stress et du Bien-Être - Au Début 26/08/2022

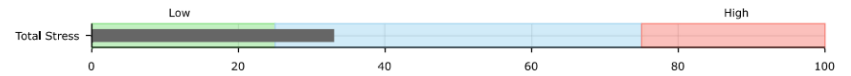
Test d'Évaluation du Stress et du Bien-Être - Après 12/10/2022

Total Stress = Score: 72



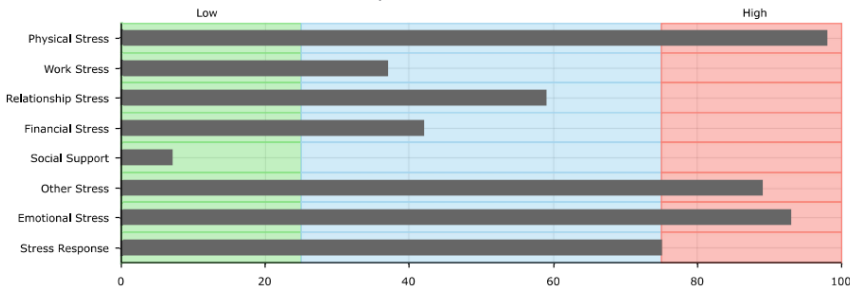
This scale is an overall measure of the reported level of stress in your life. High scores on this scale suggest that there are a number of areas and relationships in your life that may be a source of stress.

Total Stress = Score: 33

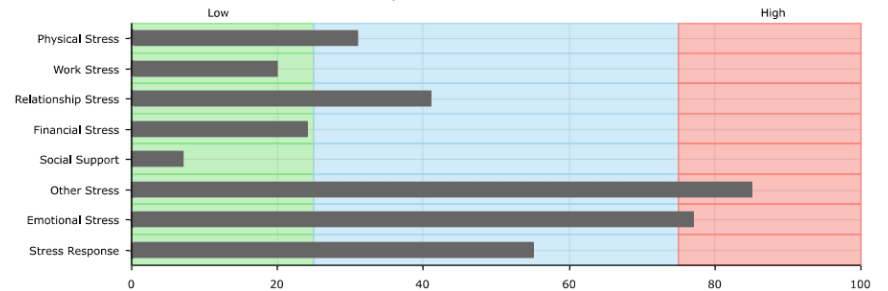


This scale is an overall measure of the reported level of stress in your life. High scores on this scale suggest that there are a number of areas and relationships in your life that may be a source of stress.

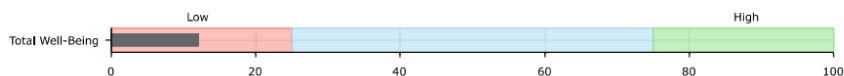
Components of Total Stress



Components of Total Stress



Total Well-Being = Score: 12



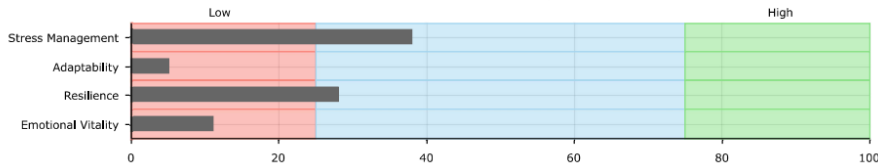
This scale is an overall measure of your present level of well-being. Low scores on this scale indicate that you may want to consider improving your stress management and resilience building skills, learning how to be more adaptable and resilient in stressful situations, and finding ways to experience more positive emotions and feelings in your life.

Total Well-Being = Score: 87

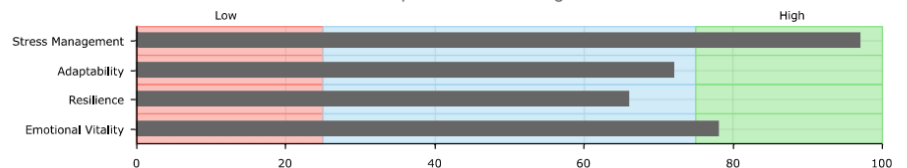


This scale is an overall measure of your present level of well-being. Low scores on this scale indicate that you may want to consider improving your stress management and resilience building skills, learning how to be more adaptable and resilient in stressful situations, and finding ways to experience more positive emotions and feelings in your life.

Components of Well-Being



Components of Well-Being



Avant

Après