
Mental Fitness Quiz

How mentally fit are you right now? Let's check in.

Rate each statement from **1 to 5**

(1 = Never | 5 = Always)

Self-Awareness

1. I notice when I'm stressed, anxious, or overwhelmed.
2. I can name my emotions and understand where they're coming from.

Emotional Resilience

3. I recover well after emotional upsets.
4. I can face discomfort without shutting down or avoiding it.

Mental Clarity & Focus

5. I can stay focused and present, even when life feels chaotic.
6. I make decisions calmly, not from panic or fear.

Stress Management

7. I have tools to manage my stress in healthy ways.
8. I make time to rest and regulate my nervous system.

Self-Compassion

9. I treat myself with patience and encouragement.
 10. I believe I deserve peace, joy, and healing.
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Scoring:

45–50 →  *Strong & Centered*

You're tuned in and taking care of your mental well-being. Keep going!

35–44 → 🌞 *Doing Well, But Take Notice*

There's awareness here, but some areas need more support. Check in with your body and boundaries.

25–34 → ⚠️ *Mentally Drained*

You're likely running on low energy or survival mode. Pause and begin nurturing your nervous system and self-worth.

10–24 → 🚒 *Burnout Alert*

You may be overwhelmed and disconnected. This is your invitation to seek support—Reiki, coaching, or deep rest can help you come back home to yourself.

💬 Why This Matters

Your **mental fitness directly impacts your physical fitness.**

When your mind is overloaded with stress, fear, or emotional exhaustion, your body feels it too. You may notice:

- Low energy or chronic fatigue
- Lack of motivation to move or exercise
- Difficulty sleeping or recovering
- Physical tension, tightness, or pain

Building mental resilience helps your body function better. When your nervous system feels safe, you can breathe deeper, move freer, and commit to physical health without burnout.

🌱 *Healing starts within—body and mind together.*

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