



Hi There,

We are over a year into COVID-19 lockdown now and you have been at the receiving end of some of the most unfair consequences- vacation from college, suspended classes, disrupted routine, It is a whole new schedule revolving around you which does bring quite a few worries. Don't you agree?

Sometimes this may cause intense, unending anxiety in our minds and hearts and you don't have to be alone because we here for you.

This time, take this unique test that won't stress you but will tell you just how stressed you are.

SHOW ME HOW STRESSED I AM

Understanding yourself is always a challenging task. If you feel like you have hit a roadblock, help is just [a click away](#) :)

**Go ahead, unleash the best version of yourself!**

**Standing With You,  
Team YourDOST**