



Hi There,

Student life is one of the best times in one's life. Unfortunately, it also involves quite a few worries, and many of them start almost as soon as the new semester starts. Don't you agree? Quizzes, internships, placements, heartbreaks, a jam-packed timetable, you name it.

Sometimes this may cause intense, unending anxiety in our minds and hearts.

Man! Tests, quizzes, exams, they're all such major stress-inducers no? But all tests don't have to be that way.

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**