

Your Test Results

Physical Wellness



Awais Ahmad You Scored 62 Average In Physical Wellness.

You take some care of your physical wellness which is reflected by your average score in this quiz. Reduce your changes of decline and implement some of these suggestions to stay on the right side of physical wellness.

Ways To Improve Your Physical Wellness

- Acupressure- Relief tension through the Press Drop health acupressure mat. The spikes on the mat hit pressure points on your body. Feel good hormones are released in the body, lowering tension in your muscles, resulting in you feeling revitalised.



- Consume juice cleanses to detox, energise and protect the body. Be mindful, check if cleanses are made from 100% natural ingredients and made from cold press method to preserve high quality

nutrients. Nourishing the body with nutrients supports vital body functions and systems to work optimal.

- Be more physically active- Regular physical activity strengthens the heart, bones and improves circulation. This helps lower your risk of heart disease, stroke and diabetes. Regular physical activity can also help people manage or sometimes reverse diseases and conditions. It is recommended you do 30 minutes 5 times per week.
- - Sleep more- If you wake up tired and can't wait to get a chance to nap, chances are you don't get enough sleep. Most people need 8 hours of sleep to function optimally however this is varied across different people and lifestyle needs. Enough sleep can boost your immune system, reduce risk of diseases, increase sex drive and aid in losing weight.

Psychological Wellness



Awais Ahmad You Scored 70 Average In Psychological Wellness.

Your psychological wellness is in reasonable shape and considered average. Reduce your changes of decline and implement some of these suggestions to stay on the right side of psychological wellness.

Ways To Improve Your Psychological Wellness

- Aromatherapy through Press Drop Health candles, essential oils and bath salts. The candles are handmade with the addition of essential oils to provide amazing health benefits. The natural essential oils help reduce anxiety, headaches, menstrual cramps, depression, fatigue and indigestion.
- Acupressure- Relief stress through the Press Drop Health acupressure mat also known as the natural pain killer. The spikes on the mat hit pressure points on your body to restore the body's natural flow of chi, this releases feel good hormones and relieves pain.



- Consume juice cleanses, nourishing your body and as a result increasing serotonin levels which improves mood.

- Open up to someone- knowing that you are valued by others is important and has a positive effect on your thinking. Being more trusting allows you to find the positive aspects in other people and in turn become better at recognising your own.
- Doing something for someone- Being kind, helpful and finding the value in an action can boost your self-esteem. Knowing your helping someone who needs it can be very rewarding no matter how big or small the action.
- Exercise regularly- Your body releases stress and mood boosting hormones such as endorphins. Doesn't have to be an intense work, small lifestyle changes such as taking the stairs instead of getting the lift or walking to the shops instead of taking the car can all promote the release of feel good hormones.

Spiritual Wellness



Awais Ahmad You Scored 20 Average In Spiritual Wellness.

Your spiritual wellness is on track and at a satisfactory level at the moment. Reduce your changes of decline and implement some of these suggestions to stay on the right side of spiritual wellness.

Ways To Improve Your Spiritual Wellness

- Watch Press Drop Health stories on Instagram, especially motivational Mondays- Start your day off right with quotes, videos and images to get you motivated for the week ahead.
- Read books- Books can introduce or change perceptions, thoughts or views on different areas in life. This can be advantageous because it allows people to be more open minded and potentially explore paths which could lead to finding a purpose or creating change in yourself or amongst others. Don't always have to pick up a physical book to read it, audiobooks are just as good!
- Surround yourself with positive people- If you are around 3 successful people, you will become the 4th successful person. The same is true about keeping positive people around you. You will begin to find yourself thinking differently and focus on happier and more positive aspects of things.
- Meditation - In the mist of the hustle and bustle of everyday life. It is important to take time out and connect with yourself. Just 10 minutes a day of meditation or relaxation can free your mind and develop a stronger relationship with your spiritual wellness. Download the headspace app, this is a great way to help facilitate meditation.
- Self-reflection- Allocate 30 minutes once a week to think about your experiences, thoughts and feeling across the last 7 days. Consider the lessons learnt and think about how you will respond or not respond to those same events if they were to happen again.