



Am I Coping or Compensating?

A quick stress audit for high-performing women

In the past 2–4 weeks:

- I feel mentally exhausted after work
- I carry responsibilities that are not formally recognised
- I delay asking for support until I'm struggling
- I struggle to switch off or rest properly
- I feel like I am 'coping'... but only just

Start here:

- “What feels heavier than it should right now?”
- “What can we remove, delay, or redistribute?”

Your reflection:

- 0–1 → Coping
- 2–3 → Compensating
- 4–5 → System under strain

This is not a personal failure.
It is often a system issue.