

# Stress Assess

How well do you think you are handling the stress in your life? This assessment will help us work with you in order to support your stress response and well-being.

List any significant **changes or life events** you've experienced in the last 3 months (injury, job change, marriage, divorce, extreme training for a sporting event, etc.) \_\_\_\_\_

Hours of <b>sleep</b> ea. night	Hours <b>exercised</b> ea. week	<b>Alcoholic drinks</b> per week	Meals <b>eaten out</b> per week
3-4 5-6 7-8 9+	0 1-2 3-5 6+	0 1-2 3-7 8+	0 1-2 3-5 6+

Do you have any **downtime**, or do any mindfulness activities (Yoga, walks, hobbies, etc.)? \_\_\_\_\_ Yes \_\_\_\_\_ No

Please rate the following statements based on your experience within the last month.		not at all	little bit	some-what	quite a bit	very much
1	This is how stressful I think that my life is.	1	2	3	4	5
2	Dealing with stresses is negatively affecting my daily tasks.	1	2	3	4	5
3	I have a high intake of sugar and/or processed foods.	1	2	3	4	5
4	I feel worn down and/or burned out.	1	2	3	4	5
5	I need caffeine or energy drinks in the morning or afternoon.	1	2	3	4	5
6	I seem to have lower-than-usual energy during the day.	1	2	3	4	5
7	I experience body aches and pains.	1	2	3	4	5
8	I have periods of low moods.	1	2	3	4	5
9	I feel more irritable than normal.	1	2	3	4	5
10	My weight and metabolism have changed.	1	2	3	4	5
11	I can't seem to focus or concentrate.	1	2	3	4	5
12	I have feelings of anxiousness.	1	2	3	4	5
13	I'm totally exhausted most of the day, with only a few productive hours.	1	2	3	4	5
14	I feel myself pushing through fatigue to get things done.	1	2	3	4	5
15	I'm sleeping a lot, but never feel quite rested. I wake up feeling tired.	1	2	3	4	5
16	I have difficulty getting to sleep and/or waking up during the night.	1	2	3	4	5
17	I experience strong cravings for sweet or salty foods.	1	2	3	4	5
18	I feel overwhelmed with daily tasks and all that's on my plate.	1	2	3	4	5
19	I have a low sex drive.	1	2	3	4	5
20	I am unable to enjoy socializing with family and/or friends.	1	2	3	4	5
<b>Add up your total score and mark where it falls on the scale below</b>		<b>Total:</b> _____				

**Low Stress**

20

40

60

80

**High Stress**

100



*See next page to help you interpret your score.*

## What was your total score?

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What your score may indicate:

### **0 to 35 – Low Stress**

Stress is fairly well managed in your life. It is important to support your body in order to continue its healthy response.

### **35 to 70 – Moderate Stress**

Your body's response to stress may be getting in the way of normal activities, leaving you feeling depleted. A personalized program may help counteract the effect of stress on your body.

### **Above 70 – High Stress**

You may be experiencing prolonged stress, and your body's ability to adapt and cope has been compromised. Your body systems need support and strategies targeted specifically for you.

## Give your body a boost

We always recommend that you maintain your spinal adjustments, as well as get enough sleep and exercise. In addition, one or more of these nutritional supplements by Standard Process may help your body resist the debilitating effects of stress. Questions are welcome!

Adrenal Complex	Strong stress support. (Do not use if you have hypertension.)
Adrenal Dessicated	For fatigue, weak adrenals; for short-term use only
Drenamin	For fatigue and overall adrenal support
Rhodiola & Ginseng	Increase vitality, stamina
Rhodiola & Schisandra	For challenges of everyday life; calmative
Valerian Complex	Sleep support
Gingko Forte	Mental clarity
Orchex	For high stress; a nutritional tranquilizer
Min-Chex	For moderate stress or nervousness; a mineral tranquilizer
Min-Tran	For mild stress, insomnia, or ADHD (is an all-vegetable formula)
Omega-3s	Positively affects mood; supports brain and heart health

Dr. Palumbo is qualified to help you select the appropriate nutritional supplements best suited for your well-being. For more information about individual formulations, please visit [www.standardprocess.com](http://www.standardprocess.com)

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