



Melbourne
Natural
Wellness

How & Where Stress is Affecting You

DATE: _____

NAME: _____

EMAIL: _____

Your body can be stressed by mental, emotional, chemical, physical, nutritional and electromagnetic loads. If you do not cope well with these you will be affected in some way. The aim of this quick quiz is to ascertain whether stress is affecting you and where it is having its impact. When completed send to info@mnwc.com.au

Instructions:

Circle a number from one to five for each of the following symptoms so as to rate the degree to which you typically experience each of these at times of stress. (Zero means 'not at all' and 4 means 'very much'.)

		NOT AT ALL ←————→ VERY MUCH				
A	I have difficulty concentrating because of distracting thoughts.	0	1	2	3	4
B	My heart beats faster.	0	1	2	3	4
C	I worry too much over insignificant matters.	0	1	2	3	4
D	I imagine terrifying scenes.	0	1	2	3	4
E	I feel shaky or jittery.	0	1	2	3	4
F	I get loose bowel motions.	0	1	2	3	4
G	I find I am less tolerant.	0	1	2	3	4
H	I feel tense in the stomach.	0	1	2	3	4
I	Unimportant things bother me.	0	1	2	3	4
J	I find it hard to make a decision.	0	1	2	3	4
K	I can't keep still.	0	1	2	3	4
L	I become immobilised.	0	1	2	3	4
M	I perspire.	0	1	2	3	4
N	I can't keep worrying thoughts out of my mind.	0	1	2	3	4

Scoring: Add your scores in the following way:

Physically Orientated = B+E+F+H+K+L+M = /28

Cognitively Orientated = A+C+D+G+I+J+N = /28

*If you have a score above 14/28 it suggests that you are affected by stress to a level requiring some attention. If your score is higher in one of the two categories you should aim to implement the stress management techniques and ask us for your in-depth stress profile. If your "Physical Orientation" score is higher, you should aim to exercise regularly, eat a diet designed for you and is anti-inflammatory, invest in massage and Naturopathy or Chinese Medicine. Whereas, a higher "Cognitive Orientation" score would require "quiet time" via such methods as meditation, yoga, reading, Kinesiology, Coaching, mindfulness exercises.