

When we hear the word “stress”, we often equate that only to mental/emotional stress. Your boss is a jerk, you don’t like your job, your wife is mad at you, you’re nervous about a big project at work, and things of that nature.

While it is true that mental/emotional stress does cause a reaction in the body, so do many other forms of stress. Fill out this basic stress assessment to determine the overall stress load that your body is under! This tool can help you to identify your strongest areas, and where you might be able to make some changes.

Put an “X” next to each statement that is true for you.

Remember, this is a starting point. Try not to judge yourself. You are taking the first steps towards improving your health and changing your life, pat yourself on the back!

Nutritional Stress

Note: “Regularly” would be at least 1-2x/week

1. I regularly consume processed foods (Includes: store-bought desserts, foods which have extended shelf lives, cookies, crackers, canned foods, boxed foods, etc... _____
2. I regularly consume soft drinks, such as soda, energy drinks, and/or sports drinks _____
3. I eat more conventional produce vs. organic _____
4. I regularly skip breakfast and/or other meals _____
5. I eat vegetables with less than 2 meals per day _____
6. I regularly consume fast-food and/or other low-quality restaurant foods _____
7. I have attempted to lose weight via calorie-restrictive “diets” _____
8. I regularly have digestion-related symptoms (Includes: gas, bloating, pain, diarrhea, constipation, acid reflux, general discomfort, etc...) _____
9. I consume less than half my body weight (lbs.) in water (oz.) daily _____
10. I regularly consume alcohol _____

Total # of X’s _____

Low Nutritional Stress = 0-2
Moderate Nutritional Stress = 3-4
High Nutritional Stress = 5+

Physical Stress

1. I move (any form of exercise) less than 30 minutes per day ____
2. I do “cardio” (running, jogging, bootcamps, etc…) 2x/week or more ____
3. I suffer from chronic pain (any) ____
4. I wake up tired and/or don’t get 8 hours of quality, uninterrupted sleep per night ____
5. I have a sedentary job/lifestyle and/or spend most of my day sitting ____

Total # of X’s ____

Low Physical Stress = 0-1

Moderate Physical Stress = 2-3

High Physical Stress = 4+

Psychic Stress (Mental – Emotional – Spiritual)

1. Stress causes me to alter how I eat. (More, less, different foods, etc…) ____
2. I often worry about job and/or money ____
3. One or more relationships in my life are causing me stress ____
4. I am unhappy living in the location that I currently live ____
5. I often feel anxious ____
6. I get upset easily ____
7. A lack of intimacy in a relationship (or relationships) is causing me stress ____
8. I have become isolated, lonely, and/or suffer from depression ____
9. I am on prescription med(s) for psychological/emotional reasons ____
10. I get upset easily and often lash out at others ____
11. My life doesn’t seem to have a purpose / I don’t feel passionate about anything ____
12. I do not find my job to be rewarding, enjoyable, or fun ____
13. My sex drive is low/reduced compared to normal/the past ____

14. I am lost and/or confused spiritually ____

15. I am often worrying and/or afraid/fearful ____

Total # of X's ____

Low Psychic Stress = 0-3

Moderate Psychic Stress = 4-6

High Psychic Stress = 7+

Chemical Stress

Note: "Conventional" refers to "regular" commercial products vs. clean/natural alternatives

1. I use conventional soap and/or shampoo ____

2. I use conventional household cleaning products ____

3. I use conventional make-up ____

4. I use conventional lotion and body care products ____

5. I use antiperspirant and/or conventional deodorant ____

6. I use scented commercial air fresheners/fabric "refreshers" ____

7. I use conventional bug spray ____

8. I use conventional sunscreen ____

9. I have at least one silver/amalgam dental filling ____

10. I have at least one root canal and/or dental implant ____

11. I use coated non-stick cookware ____

12. I heat foods in plastic containers ____

13. I drink unfiltered tap water and/or shower in unfiltered water ____

14. I regularly swim in chlorinated swimming pools ____

15. I take prescription or over-the-counter medications regularly ____

16. I work with chemicals, paint, and/or metals ____

17. I eat mostly conventional produce vs. organic ____

18. I live in a city/urban area ____

Total # of X's _____

Low Chemical Stress = 0-3

Moderate Chemical Stress = 4-7

High Chemical Stress = 8+

Electromagnetic Stress

Over the last several years, a solid amount of research has been coming out, giving scientific validity to the long-held belief that electromagnetic radiation (EMF's) is detrimental to our health. We are energy, and have our own electromagnetic field – therefore our energy/electromagnetic field can be, and is, disrupted by outside sources of EMF's.

1. I have been x-rayed more than a few times in my life _____
2. I spend most of my day at the computer _____
3. I keep my cell phone on my person at all times _____
4. I sleep with my cell phone in my bed or on my nightstand _____
5. I am exposed to wireless internet (wi-fi) for a majority of the day/night _____
6. I live near a cell phone tower (everyone in urban areas) _____
7. I work with two or more monitors on my computer _____
8. I mostly read on an electronic device vs. books _____
9. I have a “smart meter” , which reads the electric meter on my home/apt. _____
10. I have been through CT scans and/or MRI's, or work around those machines _____

Total # of X's _____

Low Electromagnetic Stress = 0-2

Moderate Electromagnetic Stress = 3-4

High Electromagnetic Stress = 5+

TOTAL: _____

Add up all the X's throughout the assessment and total them below.

Low Overall Stress Load = 0-11

Moderate Overall Stress Load = 12-24

High Overall Stress Load = 25+