

The Stress-Success Cycle?

HOW STRESSED ARE YOU?

Everyone is under one form of stress or another, and a certain amount of stress can be healthy and keep us productive. However, extreme stress can accumulate and start to negatively impact our health, leading to adrenal fatigue & burnout (adrenal insufficiency).

YOUR STRESS TEST

Next to each question assign a number between 0 and 5. You should assign values as follows:

0 = NOT AT ALL 3 = SOMEWHAT TRUE 5 = VERY TRUE

1 <input type="checkbox"/> I experience problems falling asleep.	2 <input type="checkbox"/> I experience problems staying asleep.	3 <input type="checkbox"/> I frequently experience a second wind (high energy) late at night.	4 <input type="checkbox"/> I have energy highs and lows throughout the day.	5 <input type="checkbox"/> I feel tired all the time.
6 <input type="checkbox"/> I need caffeine (coffee, tea, cola, etc.) to get going in the morning.	7 <input type="checkbox"/> I usually go to bed after 10 pm.	8 <input type="checkbox"/> I frequently get fewer than 8 hours of sleep per night.	9 <input type="checkbox"/> I am easily fatigued.	10 <input type="checkbox"/> Things I used to enjoy seem like a chore lately.
11 <input type="checkbox"/> My sex drive is lower than it used to be.	12 <input type="checkbox"/> I suffer from depression, or I have recently been experiencing feelings of sadness, or loss of motivation.	13 <input type="checkbox"/> If I skip meals I feel low energy or foggy and disoriented.	14 <input type="checkbox"/> My ability to handle stress has decreased.	15 <input type="checkbox"/> I find that I am easily irritated or upset.
16 <input type="checkbox"/> I have had one or more stressful major life events (i.e.: marriage, divorce, death of a loved one, job loss, new baby, new job).	17 <input type="checkbox"/> I tend to overwork with little time for play or relaxation for extended periods of time	18 <input type="checkbox"/> I crave sweets.	19 <input type="checkbox"/> I frequently skip meals or eat sporadically.	20 <input type="checkbox"/> I am experiencing more physical complaints such as muscle aches, headaches or frequent illnesses.

Total Score:

The Stress-Success Cycle

SCORING YOUR STRESS TEST

**It is important to note that this is not a diagnostic test and should not be used to diagnose any conditions.*

It is simply a scale/tool to help assess your current level of stress.
(Based on screening for adrenal fatigue due to stress)

0 - 29	You are in good health and able to manage your current life stressors.
30 - 39	You are under some stress and it may be causing you to feel an energy drain.
40 - 49	Your stress levels are a likely negatively impacting mental, hormonal & physical health.
50 - 59	Your stress levels are consistent with burnout and can negatively impact mental health, mood & outlook.
60 or above	Your persistent burnout puts you for risk for chronic brain & physical diseases.

brainSHIFT Journey

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MOOD • FOCUS • SLEEP

What area(s) of my life is/are fueling my stress-success cycle in this moment?

- a. Relationship/Marriage/Partner
- b. Children/Extended family
- c. Work duties
- d. Physical health
- e. Finances
- f. Additional life stressors:
