



Stess Self Test

The following self test is designed to provide insight into your lifestyle and is restricted to the subject of levels of health and general well-being and is not intended for the purpose of the diagnosis of disease. For the diagnosis of any ailment or disease please consult a licensed physician.

Please rate the following question as indicated below:

Never or No = 0 Occasionally = 1 Frequently or yes = 2

1. How often do you experience stressful situations? _____
2. How often do you feel tired or fatigued for no apparent reason? _____
3. How often do you get less than eight hours of sleep? _____
4. How often do you feel anxious or depressed? _____
5. How often do you feel angry or aggressive? _____
6. How often do you feel self-conscious or inadequate? _____
7. How often do you feel overwhelmed or confused? _____
8. How often is your sex drive lower than you would like it to be? _____
9. Do you tend to gain weight easily? _____
10. Are you currently dieting? _____
11. How often have you attempted to control you body weight? _____
12. How often do you pay close attention to the foods you eat? _____
13. How often do you crave carbohydrates (sweets and or breads)? _____
14. How often do you experience difficulty with memory or concentration? _____
15. How often do you experience tension headaches or muscle tightness in your neck, shoulders or jaw? _____
16. How often do you experience digestive problems such as gas, bloating, ulcers, heartburn, constipation, or diarrhea? _____
17. How often do you get sick, catch colds/flu? _____
18. Do you have high cholesterol (greater than 200mg/dl)? _____
19. Do you have high blood sugar (greater than 100 mg/dl)? _____
20. Do you have high blood pressure (greater than 140/90 mm/Hg)? _____

Cortisol Index

| Total Score | Stress Level | Comments |
|------------------------|-------------------------------|--|
| 0 – 5 | Relaxed: Low risk, no worries | You are cool as a cucumber and have either a very low level of stress or a tremendous ability to deal effectively with incoming stressors. |
| 6 – 10 | Strained: Moderate risk | You may be suffering from an overactive stress response and chronically elevated levels of cortisol and should incorporate anti-stress strategies into your lifestyle whenever possible – but don't stress out about it! |
| Greater than 10 points | Stressed: High risk | You are almost definitely suffering from an overactive stress response and chronically elevated levels of cortisol and you need to take immediate steps to regain control. |

If you experience fatigue or any of the above listed symptoms you would do well to check your intake of nutrient depleting foods such as sugar, coffee and alcohol. Take note of your stress levels and emotional connections to food. Be sure to rule out food sensitivities and allergies that can weaken the adrenals. A nutritional health assessment can address your food and adrenal/thyroid connection through analysis of diet, body symptoms and sensitivity testing with a Biomeridian test. ([link](#))

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(902) 252-5349