

Rate Your Stress Level

Stress is an emotion. And whether it's "good" stress such as exercise or "bad" stress such as not getting enough sleep, it affects the body the same way and may cause damage to your body. Blood pressure goes up, the heart races, cortisol and adrenaline are released into the body, and your thinking mind shuts off.

To find your stress level quotient answer the questions below. You'll find the scores at the end.

Please circle yes or no for each of these activities if they were a part of your life within the last year.

Yes No I exercise more than 6 hours each week.

Yes No I work more than 40 hours per week.

Yes No I get less than 8 hours of sleep on a regular basis.

Yes No I eat fast food at least 3 times every week.

Yes No I eat processed (packaged) food every day. This includes "junk" food.

Yes No I am a single parent.

Yes No I am a caregiver for a sick parent, child or spouse.

Yes No I have health issues that make daily living a struggle.

Yes No I worry about my finances every day.

Yes No I feel like I never have time for myself.

- ❖ If you said yes to 2 or less sentences congratulations! Your body has **little stress**.
- ❖ If you said yes to 3 – 6 sentences your body may be experiencing **moderate stress**.
- ❖ If you said yes to 7 or more items you need **to take action now** to avoid possible damage to your health.

Now that you know your stress level, what are you going to do about it? Before making any changes to your lifestyle you need to start with yourself and practice self care - 10 minutes a day.

Here are a few things you can start with:

- Practice deep breathing
- Go for a walk
- Listen to music
- Anything that makes you feel happy and relaxed.

To find out how to transform your life, check out our 10 week Joyful, Healthy, Balanced Living Program geared specifically for the busy professional!!

Life Healing Nutrition

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Get Healthy
with Kari