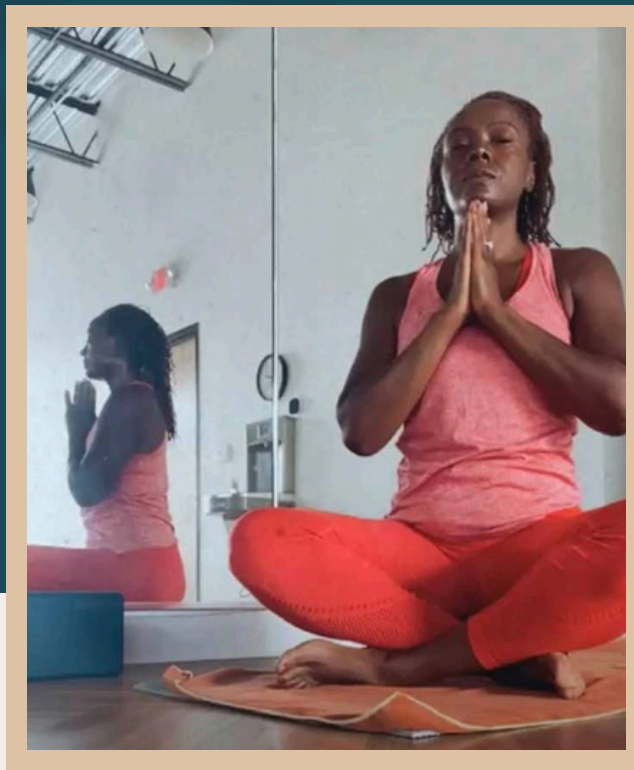


[www.wholisticeducator.com](http://www.wholisticeducator.com)

KEEP CALM™  
SELF-ASSESSMENT  
UNDERSTAND YOUR STRESS.  
REGULATE YOUR NERVOUS SYSTEM.  
LEAD WITH CALM



A 3-Minute Diagnostic to Help You:  
Identify your stress patterns  
Understand your triggers  
Strengthen your ability to respond instead of react

By Danielle  
Wholistic Life Coach  
Educator | Author | Nervous System & SEL Specialist

# Welcome

Your 3-Minute Diagnostic for Regulation. You are a capable professional carrying high responsibility, and this simple, private reflection is for you

## KEEP CALM™ Self-Assessment Calm is a skill.

The goal is to provide awareness and next-step clarity by helping you identify where stress is living and how to begin building regulatory capacity.

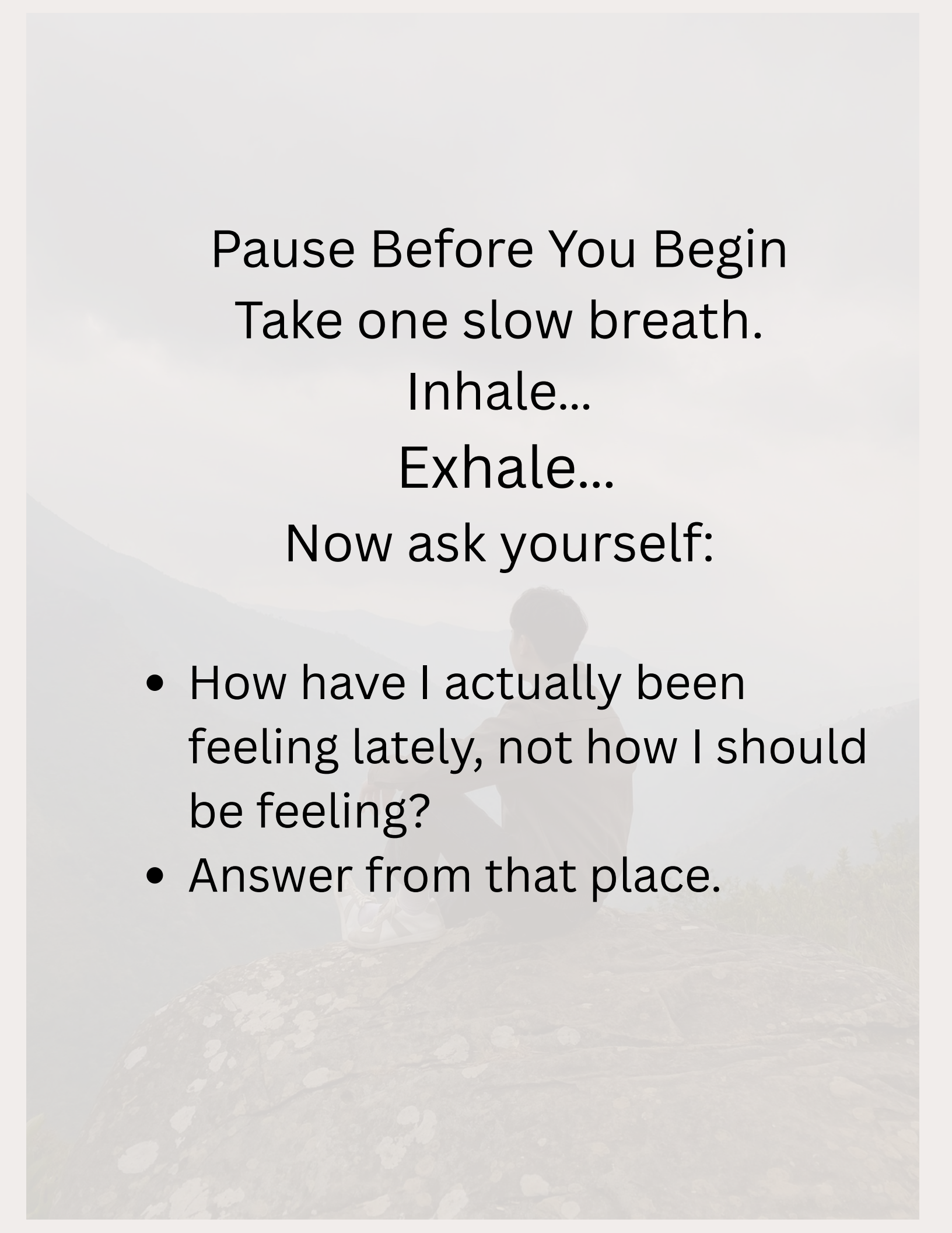
### **This assessment will help you:**

- Notice where stress is living in your body
- Notice how it's showing up in your behaviors
- Begin shifting reactivity to regulation

**Take your time. There is nothing to prove here.  
There is nothing wrong with you.**

*Let's Begin!*



A person is sitting on a large, textured rock in a hazy, mountainous landscape. The person is wearing a dark jacket and a hat, and is looking towards the camera. The background shows rolling hills and mountains under a soft, overcast sky. The overall tone is calm and reflective.

Pause Before You Begin

Take one slow breath.

Inhale...

Exhale...

Now ask yourself:

- How have I actually been feeling lately, not how I should be feeling?
- Answer from that place.

## **Instructions**

**For each statement, choose the number that best reflects your current experience:**

- 1 = Almost Never**
- 2 = Rarely**
- 3 = Sometimes**
- 4 = Often**
- 5 = Almost Always**

### **Section 1: Where Stress Lives in the Body**

Even when I know I need rest, I keep going and struggle to allow myself to truly pause.

1 / 2 / 3 / 4 / 5

My mind feels constantly active, cluttered, or overstimulated—even when I try to slow down.

1 / 2 / 3 / 4 / 5

I notice tension or tightness in my body (shoulders, jaw, neck) throughout the day.

1 / 2 / 3 / 4 / 5

I handle everything that's expected of me, but rarely feel like I can fully exhale.

1 / 2 / 3 / 4 / 5

## Section 2: Reactivity Under Pressure

When pressure rises, I feel irritable, withdrawn, or unsure of my decision

1 / 2 / 3 / 4 / 5

I tend to push through my day, even when my body is asking for rest.

1 / 2 / 3 / 4 / 5

In stressful moments, I sometimes respond quickly and later wish I had handled things differently.

1 / 2 / 3 / 4 / 5

My decisions can feel reactive instead of clear, steady, and aligned.

1 / 2 / 3 / 4 / 5

## Section 3: Communication & Relationships

I feel emotionally drained from supporting others without enough time to reset myself.

1 / 2 / 3 / 4 / 5

I carry the energy and emotions of my day with me, even after work is over.

1 / 2 / 3 / 4 / 5

Under pressure, I find it harder to communicate with clarity and patience.

1 / 2 / 3 / 4 / 5

At times, I feel like I have to brace myself just to show up fully in certain environments.

1 / 2 / 3 / 4 / 5

**Reflection (Pause Here)**

**Take a moment to check in:**

**What did you notice about yourself?**

**Where do you feel this most- mind, body, or behavior?**

**What is one pattern you are ready to shift?**

A large white rectangular area with horizontal ruling lines, intended for writing reflections. The lines are evenly spaced and extend across the width of the page.

## Scoring

Add your total score from all 12 questions.

(Minimum: 12, Maximum: 60)

### **12–24 → Steady Foundation**

You have strong awareness and regulation habits.

Your focus is on maintaining and deepening your consistency.

### **25–44 → Pressure Points**

You are capable, but often carry stress or react under pressure.

You are ready for practical tools to support consistency and calm.

### **45–60 → Significant Overload**

You may be experiencing chronic stress, emotional fatigue, and physical tension.

You are not broken.

You are carrying too much without enough rest.

### **What Your Score Is Really Telling You**

This score is not measuring your capability.

It is revealing your current level of nervous system load.

If your score is higher, it means:

You have been adapting to pressure

You have been holding a lot

And your system has not had enough time or tools to reset

**Next Step:** Strengthening Your Regulation  
If this resonated with you, that's your signal.

Not to push harder—  
but to respond differently.

**The KEEP CALM™ Digital E-Book was created  
to help you:**

- regulate in real time
- reduce reactivity
- lead with clarity and calm

**Inside, you'll find:**

- 40+ simple, practical practices
- The CALM Framework™
- Tools you can use in your real life—not just in theory

[www.wholisticeducator.com](http://www.wholisticeducator.com)

