



Welcome to Namaste in My Op!

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Your first step will be to complete the very detailed personal profiling analysis below. This will be utilized interactively during the presentation so please complete it beforehand! It will not make sense at first, that's ok! We will be reviewing everything you need to know during the presentation. Not every answer will resonate with you, try to pick the one closest to what does.

Contact With Questions:

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Part 1: Tolerance Level

1. Which of the following best describes your average day?
 - A. Comfortable - I have a set routine I usually do around same times each day. I like my routines and orderly life. Creature of Habit!
 - B. Boring - I am stuck in a set routine each day and the boredom of it is killing me. I crave excitement.
 - C. Regular, Not Routine - While I do the same things every day, it is usually in different orders. I don't mind going with the flow and my routine isn't set.
 - D. Always Changing & Stressful - every day, something throws off my schedule. I would love to be in a predictable routine, but the way things currently are it is not possible!

2. What happens when you don't eat or exercise regularly?
 - A. My body immediately notices! I get sick, fatigued, bloated, experience bad allergies or some other symptom I notice only when I fall out of my healthy routine.
 - B. I don't pay much attention to my diet or exercise regimen but seem to feel fine most of the time.
 - C. I would love to eat well and exercise regularly. Unfortunately I never have the time to even think about it! Life is crazy for me.
 - D. I enjoy not being set to a strict routine. My body enjoys going between the phases of strict health habits and letting loose once in a while.

3. When criticized by someone or reprimanded by an authority figure, how do you tend to feel?
 - A. I feel panicky, hopeless, anxious, or depressed, as if something terrible and beyond my control has just happened.
 - B. I feel angry and defensive. I obsess over all the ways I could have or should have responded. I replay what I should do or say in response even if I don't intend to carry it out.
 - C. I feel irritated or hurt for a little while, but not for long. I focus on how I could avoid another situation like this.
 - D. I feel misunderstood in the situation. I know I was right, but, no one will understand my reasonings.

4. When preparing to perform in front of people for any reason (a concert, a speech, a presentation, a lecture), how do you tend to feel?

- A. I feel like throwing up!
- B. I feel stimulated, thrilled, a little nervous, but full of energy.
- C. I avoid situations where I have to perform because I don't like it.
- D. I feel aggressive or boastful.

5. When in the middle of a crowd, what do you feel?

- A. Exhilaration!
- B. Panic!
- C. I feel like causing trouble. Wouldn't it be funny to pull the fire alarm?
- D. I feel okay for a while, but then I'm ready to go home. Energy is drained!

Part 2: Triggers

Choose ONE option that best suits you. If you are perfectly satisfied in an area and do not feel that ANY choices apply, leave it blank

1. When it comes to *where you live*, by what do you feel the most stressed?

- A. I feel stressed by city pollution/indoor allergens.
- B. I feel stressed by *frequent arguing* with someone in my home.
- C. I feel stressed by *sleep deprivation*. My living conditions don't ever allow me to sleep as much as I need. (baby, roommates, snoring spouse, etc.)
- D. I feel stressed by a *sudden change in the people that live in my home*, either due to absence (someone moved out, passed away) or presence (someone moved in, a new baby).

2. What habits do you feel you should change?

- A. I shouldn't stay inside too much. I know I should get some fresh air, once in a while.
- B. I shouldn't constantly put myself down.
- C. I shouldn't smoke, drink, or eat too much.

- D. I shouldn't be too concerned with that other people think of me.
3. What do you think could make your life so much better?
- A. If only I could move away to somewhere else!
 - B. If only I felt better about who I am.
 - C. If only I were healthier and had more energy.
 - D. If only I had more power, prestige, and money.
4. What do you truly **dread**?
- A. I dread the holidays. All that holiday cheer everywhere gets me down.
 - B. I dread failure.
 - C. I dread illness and/or pain.
 - D. I dread having to speak in front of people.
5. How do you feel about your life's work or career?
- A. I feel I would be happier in a completely different work environment.
 - B. I feel dissatisfied. My personal skills aren't being fully utilized.
 - C. I feel stressed. I've already used up all my sick days due to minor illnesses.
 - D. I feel pressure to conform to the work habits of my coworkers or the expectations of my supervisor, even though I'm not comfortable working in that way.

Part 3: Vulnerability Factors

1. How do you describe yourself?
- A. I'm an extrovert, energized by social contact.
 - B. I'm an introvert, energized by alone time.
 - C. I'm a workaholic - even when I'm not at work, I'm working at home, thinking about work or talking about work.
 - D. I'm a caretaker - I care for someone in my home and tend to care for those around me.

2. What makes you tense?

- A. I feel tense when I think about my financial situation.
- B. I feel tense when I think about my family.
- C. I feel tense when I think about the safety of my loved ones.
- D. I feel tense when I think about what people think of me.

3. While plenty of areas of your life are under control, where do you suddenly lose control?

- A. I consume too much food and/or alcohol and/or spend too much money.
- B. I worry obsessively.
- C. I clean the house and/or organize constantly.
- D. I just can't keep my mouth shut! I often unintentionally anger and/or offend someone.

4. When it comes to work, how do you describe yourself?

- A. I'm highly motivated and ambitious.
- B. I'm a drone. Work is boring and unfulfilling.
- C. I'm satisfied but glad I've got a life outside of my job.
- D. I'm deeply dissatisfied. I know I could accomplish something so much better than this if only I had the opportunity to try!

5. How are you in your personal relationships?

- A. I'm usually the one in control.
- B. I'm a follower.
- C. I'm always looking for something I don't have.
- D. I'm somewhat distant.

Part 4: Response Tendencies

1. What would you do if your life was really busy and you had too many social obligations and too much work, and it seemed as though your days consisted of nothing but frantic rushing around to complete your to-do-list?
 - A. I'd feel overwhelmed, anxious, and out of control.
 - B. I'd gain five pounds.
 - C. I'd construct an elaborate and detailed system for keeping every aspect of my life in order, which I'd stick to for a few weeks before abandoning it.
 - D. I'd cut back on current obligations and say "no" to new ones.

2. What would you do if you awoke with a nasty cold - a scratchy throat, a stuffy nose, chills, and an allover ache?
 - A. I'd call in sick and spend the day resting and drinking tea with honey.
 - B. I'd pop some cold medicine, go to work, and try to pretend I wasn't sick.
 - C. I'd go to the gym and try to sweat it out by going full power in a kickboxing class or by running a few miles on the treadmill.
 - D. I'd wonder how this could happen to me when I had so many important things to do. I'd worry about how many things in my life will be disrupted by my getting sick.

3. How would you handle a problem with a personal relationship?
 - A. I'd pretend there wasn't a problem.
 - B. I'd demand that we talk about it, and talk about it now.
 - C. I'd get depressed and think that it must be my fault and wonder why I always ruin relationships.
 - D. I'd spend some time reflecting on exactly what I would like to say so as not to sound accusatory, then approach the person about discussing some specific problems. If it didn't work, at least I could say I tried.

4. If your supervisor told you that a client complained about you, then advised you not to worry about it, but suggested you be more careful of what you say to clients in the future, how would you feel?

A. I'd feel extremely offended and obsess for days about who the client might have been and how I might be able to get revenge for being made to look bad in front of my boss.

B. I'd feel indifferent. Some people are overly sensitive.

C. I'd feel embarrassed if I offended someone and wonder how it could have happened. I'd then act overly polite and accommodating to everyone but my confidence would definitely be deflated.

D. I'd feel hurt or maybe a little angry but would probably decide to take my supervisor's advice and not worry about it. I would then make a point to notice how I spoke to clients.

5. If you had a big test or presentation in the morning and a lot depended on the result, how would you feel as you tried to get sleep?

A. I'd feel a little nervous but excited because I'd be prepared. I'd plan to get a really good night's sleep so that I'd be at my best.

B. I'd feel so nervous that I probably would throw up. I'd have a few drinks or cookies or cigarettes to calm myself down, even though that usually doesn't work very well. I'd sleep restlessly.

C. I'd stay up all night going over my notes, even after I knew them by heart. My feeling would be that it can't hurt to look at them again...and again.

D. Thinking about the test or presentation would make me nervous, so I'd pretend nothing was going on and do my best not to think about it.

Scoring

Section 1: Tolerance Level

Use the chart below to tally up your points from section one. For the question number in the first column, find the letter that you answered with. Give yourself a point for that category. When completed, write down which category you had the most points in: Just Right - Low, Just Right - High, Too Low or Too High. This will allow us to assess how much stress you tolerate before you reach your breaking point.

Question #	Just Right - Low	Just Right - High	Too Low	Too High
1	A	C	B	D
2	A	B	D	C
3	C	D	B	A
4	C	B	D	A
5	D	A	C	B

Section 2: Trigger Analysis

Tally up your A's, B's, C's and D's for this section. Choose the Letter you had 2 or more of and use the results below. You may have multiple, that's ok!

A	Environmental Stress	Stress when your environment changes.
B	Personal Stress	Stress from personal life - usually in your own head.
C	Physiological Stress	Stress happens to your body.
D	Social Stress	Stress related to your appearance in the world.

Section 3: Vulnerability Factors

Each answer reveals a different situation in which you are vulnerable to stress. If an answer matches, circle the entire category as you do have a tendency to be vulnerable in that area. The number indicates the question number and the letter indicates what the answer was for that question - both the letter and number must match identical to your test for it to be a match. You only need one answer to fit into a category for it to be considered a match to you. You will likely have multiple here as well!

Too Much Time Alone - Lack of Social Contact	1 - A ; 3 - D
Too Much Time Around Others	1 - B; 5 - D
The Caretaker Stress	1 - D
Financial Pressure	2 - A
Family Dynamics	2 - B
Obsessive Worrying	2 - C; 3- B
Need for Constant Validation	2 - D; 5 - B; 5 - C
Lack of Self-Control, Organization, Motivation	3 - A, B, C or D!
Need to Control	4 - A; 5 - A
Your Job/Career	1 - C; 4 - A; 4 - B; 4 - D
Low Self-Esteem	3 - D; 4 - D

Section 4: Response Tendencies

Circle the letter which you responded to each question below. The category in which you have circled the most letters indicates how you typically react to stress.

	IGNORE	REACT	ATTACK	MANAGE
1	A	B	C	D
2	B	D	C	A
3	A	C	B	D
4	B	C	A	D
5	D	B	C	A

** These results will be explained to you in the presentation 'Namaste In My Op' They are not supposed to make sense right away - hold on, we'll get there!*