



IS YOUR NERVOUS SYSTEM *Stuck in Stress Mode?*



A SIMPLE SELF-ASSESSMENT
FOR ADULTS & OLDER CHILDREN



RESTORE
SUPPORT. BALANCE. THRIVE.

www.eeholistichealth.com

8 AM
GET STARTED

9 AM
HYDRATE

10 AM
KEEP GOING

11 AM
DON'T GIVE UP

12 PM
ALMOST THERE

1 PM
YOU DID IT

REFILL

STRESS

Many experiences we have each day are influenced by the way we respond to stress and the demands around us.

Stress, illness, sensory overload, poor sleep, major life changes, and everyday demands can all influence how we feel and function. At times, these experiences may show up in unexpected ways and can affect our sense of rest, relaxation, focus, and overall well-being.

This wellness check-in is a simple opportunity to pause, reflect, and consider whether additional wellness support or education may be helpful.

PHYSICAL SYMPTOMS

- ☐ **DIFFICULTY FALLING ASLEEP**
- ☐ **WAKING DURING THE NIGHT**
- ☐ **FEELING TIRED EVEN AFTER SLEEPING**
- ☐ **FREQUENT HEADACHES**
- ☐ **MUSCLE TENSION OR TIGHT SHOULDERS**
- ☐ **DIGESTIVE ISSUES (BLOATING, CONSTIPATION, DIARRHEA)**
- ☐ **FREQUENT ILLNESS OR LOWERED IMMUNITY**
- ☐ **DIZZINESS OR FEELING LIGHTHEADED**
- ☐ **RACING HEART OR PALPITATIONS**
- ☐ **FEELING EXHAUSTED AFTER SOCIAL ACTIVITIES**
- ☐ **CHRONIC FATIGUE OR LOW ENERGY**

TOTAL:

EMOTIONAL SYMPTOMS

- ☐ **FEELING OVERWHELMED BY DAILY TASKS**
- ☐ **IRRITABILITY OR SHORT TEMPER**
- ☐ **FREQUENT ANXIETY OR WORRY**
- ☐ **DIFFICULTY CALMING DOWN AFTER STRESS**
- ☐ **FEELING EMOTIONALLY REACTIVE**
- ☐ **MOOD SWINGS**
- ☐ **FEELING "ON EDGE"**
- ☐ **DIFFICULTY EXPERIENCING JOY OR RELAXATION**
- ☐ **FEELING DISCONNECTED FROM OTHERS**
- ☐ **BURNOUT OR EMOTIONAL EXHAUSTION**

TOTAL:

FOCUS & COGNITIVE SYMPTOMS

- ☐ **DIFFICULTY CONCENTRATING**
- ☐ **BRAIN FOG**
- ☐ **FORGETFULNESS**
- ☐ **EASILY DISTRACTED**
- ☐ **DIFFICULTY COMPLETING TASKS**
- ☐ **FEELING MENTALLY EXHAUSTED**
- ☐ **CONSTANT OVERTHINKING**
- ☐ **TROUBLE MAKING DECISIONS**

TOTAL:

SENSORY & REGULATION SYMPTOMS

- ☐ SENSITIVE TO NOISE
- ☐ SENSITIVE TO BRIGHT LIGHTS
- ☐ EASILY STARTLED
- ☐ DIFFICULTY TOLERATING BUSY ENVIRONMENTS
- ☐ NEED FREQUENT ALONE TIME TO RECOVER
- ☐ EMOTIONAL MELTDOWNS OR SHUTDOWNS
- ☐ DIFFICULTY TRANSITIONING BETWEEN ACTIVITIES
- ☐ FEELING OVERWHELMED BY TOO MUCH INPUT
- ☐ DIFFICULTY REGULATING EMOTIONS

TOTAL:

RELATIONSHIPS & CONNECTION

- ☐ AVOIDING SOCIAL SITUATIONS
- ☐ DIFFICULTY ENGAGING IN CONVERSATION
- ☐ FEELING DISCONNECTED FROM FAMILY OR FRIENDS
- ☐ DIFFICULTY MAINTAINING EYE CONTACT
- ☐ FEELING SAFER ALONE THAN WITH OTHERS
- ☐ STRUGGLING TO FEEL PRESENT AND CONNECTED

TOTAL:

Your Results

TOTAL:

0–10 CHECKS

YOUR NERVOUS SYSTEM MAY BE FUNCTIONING RELATIVELY WELL, THOUGH EVERYONE BENEFITS FROM HEALTHY STRESS-MANAGEMENT HABITS.

11–20 CHECKS

YOU MAY BE EXPERIENCING NERVOUS SYSTEM OVERLOAD. BUILDING DAILY PRACTICES MAY HELP IMPROVE RESILIENCE AND WELL-BEING.

21–30 CHECKS

YOUR NERVOUS SYSTEM IS SPENDING SIGNIFICANT TIME IN A STRESSED STATE. SUPPORT AND TARGETED STRATEGIES MAY BE BENEFICIAL.

31+ CHECKS

YOUR SYMPTOMS INDICATE PROLONGED STRESS. A HOLISTIC APPROACH ADDRESSING THE BODY AND NERVOUS SYSTEM MAY BE HELPFUL.

WHAT CAN HELP?

WHILE EVERY PERSON IS DIFFERENT, NERVOUS SYSTEM REGULATION OFTEN IMPROVES THROUGH:

- ✓ Quality sleep
- ✓ Proper nutrition
- ✓ Regular movement
- ✓ Stress-management practices
- ✓ Healthy relationships and connection
- ✓ Nervous system support programs
- ✓ Addressing underlying health imbalances

Take the Next Step

IF THIS CHECK-IN BROUGHT ATTENTION TO AREAS YOU'D LIKE TO EXPLORE FURTHER, KNOW THAT SUPPORT IS AVAILABLE. AT ERIN ELIZABETH HOLISTIC HEALTH, WE PROVIDE FUNCTIONAL WELLNESS EDUCATION, NERVOUS SYSTEM WELLNESS SUPPORT, AND EVIDENCE-INFORMED WELLNESS STRATEGIES FOR CHILDREN AND ADULTS. OUR GOAL IS TO PROVIDE PRACTICAL EDUCATION AND SUPPORT AS YOU EXPLORE HEALTHY ROUTINES, STRESS MANAGEMENT, AND OVERALL WELL-BEING.

Ready to learn more? Visit >>>
eeholistichealth.com/restore

Thank you

