



IS YOUR NERVOUS SYSTEM *Stuck in Stress Mode?*



A SIMPLE SELF-ASSESSMENT
FOR ADULTS & OLDER CHILDREN



RESTORE
SUPPORT. BALANCE. THRIVE.

www.eeholistichealth.com

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STRESS

Many symptoms we experience every day are not signs that something is "wrong" with us—they may be signs that our nervous system has been stuck in survival mode for too long.

Chronic stress, illness, trauma, sensory overload, poor sleep, and life demands can all affect how the nervous system functions. When the body remains in a constant state of alert, symptoms can show up in unexpected ways.

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 YOUR RESULTS SUGGEST YOUR NERVOUS SYSTEM MAY BE UNDER CHRONIC STRESS, KNOW THAT CHANGE IS POSSIBLE.

AT ERIN ELIZABETH HOLISTIC HEALTH, WE HELP CHILDREN AND ADULTS BUILD RESILIENCE AND REGULATION THROUGH FUNCTIONAL MEDICINE, NERVOUS SYSTEM SUPPORT, AND EVIDENCE-INFORMED WELLNESS STRATEGIES.

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

Thank you

