



The R.E.L.E.A.S.E. Method™  
Release it. Reset your mind.

## Mental Overload Self-Test

Question	1= Never - 5 = Always
My mind feels crowded with thoughts	
I replay conversations repeatedly	
I feel emotionally drained	
I struggle to relax my mind	
I feel overwhelmed by responsibilities	
I delay decisions because everything feels heavy	
I worry about things outside my control	
I feel stuck in life	
I feel mentally exhausted	
I struggle to organize my thoughts	

**Total** \_\_\_\_\_

Score Guide:

10-20 – Balanced Mind

21-35 – Moderate Mental Pressure

36-50 – Your mind may be overloaded. Try the R.E.L.E.A.S.E. Method™.

Score 1-51

### Scoring



#### **10–20**

You are mentally balanced but could benefit from occasional mental clearing.

#### **21–35**

You are experiencing moderate mental stress.

#### **36–50**

Your mind is overloaded and needs a structured release process.

The R.E.L.E.A.S.E Method can help restore clarity and peace.

*"I created the RELEASE Method after losing my daughter and fighting breast cancer. I needed a way to release the weight in my mind and find peace again." Jacqueline Gordon Cain*

### The Next Step

**The Brain Dump Method™ by Jacqueline Gordon Cain: [Get your copy on Amazon.com](#)**

**Step 1: Write everything in your mind.**

**Step 2: Separate what you can control.**

**Step 3: Release what you cannot control.**

**Step 4: Choose one small next step.**