



bliss  
Lifestyle Therapies  
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# Stress Test

Stress dramatically affects hormone balance, sleep quality, heart health, immune strength, nutritional needs, physical performance, ability to focus and concentrate, blood pressure, blood sugar handling and many other aspects of health.

Sometimes life just isn't fair. The side effects of stress can dramatically affect your health, quality of life and the rate at which you age. Sometimes we are unaware of, or take for granted, all the things that add to our stress. Listed below are some of the many stressful events that can lead you to become over-stressed.

Check any items below that you've experienced in the last 12 months. The more you things checked, the higher the risk that you are over-stressed.

- |                                                                             |                                                             |                                                                                               |
|-----------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Sleep less than 8 hours per night                  | <input type="checkbox"/> Relationship difficulties          | <input type="checkbox"/> Retirement                                                           |
| <input type="checkbox"/> Work more than 40 hours per week                   | <input type="checkbox"/> Divorce                            | <input type="checkbox"/> Job change                                                           |
| <input type="checkbox"/> Car accident                                       | <input type="checkbox"/> Marriage                           | <input type="checkbox"/> Change in responsibility at work                                     |
| <input type="checkbox"/> Serious injury or illness                          | <input type="checkbox"/> Pregnancy/new child                | <input type="checkbox"/> Trouble with boss or co-worker                                       |
| <input type="checkbox"/> Ongoing illness of a spouse or close family member | <input type="checkbox"/> A new pet                          | <input type="checkbox"/> Trouble with neighbors                                               |
| <input type="checkbox"/> Substance addiction                                | <input type="checkbox"/> Death of a spouse or someone close | <input type="checkbox"/> Legal problems                                                       |
| <input type="checkbox"/> Prolonged exposure to loud noise                   | <input type="checkbox"/> Financial problems                 | <input type="checkbox"/> Difficulties in school                                               |
| <input type="checkbox"/> Menopause                                          | <input type="checkbox"/> Foreclosure of mortgage or loan    | <input type="checkbox"/> Major environment change (i.e. remodeling, epidemic, pandemic, etc.) |
|                                                                             | <input type="checkbox"/> Fired at work                      |                                                                                               |

Are you

## Sleep Deprived?

Take the quiz below and find out! If you check *three or more* items you're probably not getting enough sleep.

- |                                                                                            |                                                                                           |
|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <input type="checkbox"/> I need an alarm clock to wake up                                  | <input type="checkbox"/> I often fall asleep in meetings/lectures or warm rooms.          |
| <input type="checkbox"/> It's hard to get out of bed in the morning                        | <input type="checkbox"/> I often fall asleep after a heavy meal or a low dose of alcohol. |
| <input type="checkbox"/> Mornings I hit the snooze bar repeatedly                          | <input type="checkbox"/> I often feel drowsy when driving                                 |
| <input type="checkbox"/> I feel tired irritable and stressed during week                   | <input type="checkbox"/> I often sleep extra hours on weekends                            |
| <input type="checkbox"/> I have trouble concentrating and remembering                      | <input type="checkbox"/> I often need a nap to get through the day                        |
| <input type="checkbox"/> I feel slow with critical thinking, problem-solving & creativity. | <input type="checkbox"/> I have dark circles around my eyes                               |
| <input type="checkbox"/> I often fall asleep while watching TV/Reading                     |                                                                                           |
| <input type="checkbox"/> I fall asleep within 5 minutes of getting in bed                  |                                                                                           |

Please complete the reverse page with more specifics to help with planning for relief. ►

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(Continued from reverse)

Please list your top 5 stresses in order of how you feel they are affecting you. "1" being the most taxing:

	Within my control?	
	Y	N
1. _____	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>
5. _____	<input type="checkbox"/>	<input type="checkbox"/>

While no one experiences the same tolerance to stress, you may be feeling the impact of stress find a great deal of relief with the right support. There are some things we can control and others we cannot. Typically the things out of our control can be the most stressful. Bliss Lifestyle Therapies practitioners will work together with you to create the best approach to each item, to help you get stress out of the way so you are able to more fully enjoy your health and life.

The right nutrition can meet the specific needs created by stress and help support your body, giving you more strength while under stress. Exercise programs designed to take into account your stress levels will help you to survive and recover. The most important thing is listening to your body and providing the right level of challenge and support. You will work closely with your practitioner, providing feedback so that professional adjustments can be made to your program as you go.

Your team at Bliss Lifestyle Therapies is excited to empower you and help you feel your very best!

