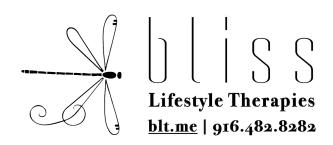


☐ Sleep less than 8 hours per

night



Stress Test

□ Retirement

☐ Job change

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.

☐ Relationship difficulties

☐ Divorce

	Work more than 40 hours per week		Marriage Pregnancy/new child A new pet Death of a spouse or someone close Financial problems Foreclosure of mortgage or			Change in responsibility at work		
	Car accident Serious injury or illness Ongoing illness of a spouse or close family member Substance addiction					Trouble with boss or co-worked Trouble with neighbors Legal problems Difficulties in school Major environment change (i.e.		
	Prolonged exposure to loud noise Menopause		loan Fired at work				remodeling, epidemic, pandemic, etc.)	
Are you Sleep Deprived?								
	I need an alarm clock to wake up It's hard to get out of bed in the n Mornings I hit the snooze bar rep I feel tired irritable and stressed of I have trouble concentrating and I feel slow with critical thinking, p solving & creativity. I often fall asleep while watching	normeat luri ren prol	ning edly ing week nembering olem-		I often fall as rooms. I often fall as dose of alcoh I often feel di I often sleep of often need a	leej ol. ow extr	y not getting enough sleep. y in meetings/lectures or warm y after a heavy meal or a low sy when driving ra hours on weekends up to get through the day es around my eyes	
	I fall asleep within 5 minutes of g	etti	ng in bed					

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

(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?
1	Y N
2	
3	
4	
5	ПП

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!

