



Take Your Stress Damage Test

Check your symptoms from the list below.

More than 3 indicates you can benefit and prevent further illness development. Optimal Health skills can easily remedy these stress related symptoms. You also gain remarkable health benefits as you apply the vital messages stress delivers.

Doing nothing is a health gamble because unresolved symptoms can quickly develop into illness and immune problems. Costs then increase exponentially as stress damage impacts health, performance and quality of life. Prevent a lifetime of stress damage to your health and performance.

Skeletal Muscle System – tensed, cramped and tight muscles

- | | | |
|--|--|---|
| <input type="checkbox"/> tension headaches | <input type="checkbox"/> jaw clenching | <input type="checkbox"/> teeth grinding |
| <input type="checkbox"/> stomach knots | <input type="checkbox"/> clenched fists | <input type="checkbox"/> shoulder tightness |
| <input type="checkbox"/> neck/throat tension | <input type="checkbox"/> chest tightness | <input type="checkbox"/> lower back pain |
| <input type="checkbox"/> forehead pressure | <input type="checkbox"/> temple tension | <input type="checkbox"/> shaky hands |

Autonomic Nervous System – emotions, internal organs, hormones & glands

- | | | |
|---|--|---|
| <input type="checkbox"/> easily upset | <input type="checkbox"/> afraid for no reason | <input type="checkbox"/> frequent frustration |
| <input type="checkbox"/> high blood pressure | <input type="checkbox"/> depression | <input type="checkbox"/> upset stomach |
| <input type="checkbox"/> anxious/nervous | <input type="checkbox"/> unhappy for no reason | <input type="checkbox"/> clammy hands |
| <input type="checkbox"/> cold hands or feet | <input type="checkbox"/> rapid, shallow breath | <input type="checkbox"/> rashes, allergies |
| <input type="checkbox"/> feeling hopeless, helpless | <input type="checkbox"/> dizzy/lightheaded | <input type="checkbox"/> anger & irritation |
| <input type="checkbox"/> constipation or diarrhea | <input type="checkbox"/> racing heartbeat | <input type="checkbox"/> migraines |
| <input type="checkbox"/> feeling overwhelmed | <input type="checkbox"/> feeling rejected | <input type="checkbox"/> fatigue |

Central Nervous System – mental activity changes

- | | | |
|---|--|--|
| <input type="checkbox"/> racing thoughts | <input type="checkbox"/> poor concentration | <input type="checkbox"/> insomnia |
| <input type="checkbox"/> constant worrying | <input type="checkbox"/> panic | <input type="checkbox"/> impatience |
| <input type="checkbox"/> dwelling on problems | <input type="checkbox"/> negativity | <input type="checkbox"/> forgetful |
| <input type="checkbox"/> easily distracted | <input type="checkbox"/> thinking of future & past | <input type="checkbox"/> speech problems |

Behavioral Stress – changes in daily performance, activities, conduct & manners

- | | | |
|--|---|--|
| <input type="checkbox"/> arguing with people | <input type="checkbox"/> avoiding tasks & duties | <input type="checkbox"/> snapping at people |
| <input type="checkbox"/> withdrawing from friends | <input type="checkbox"/> increasing alcohol/drugs | <input type="checkbox"/> crying easily |
| <input type="checkbox"/> disconnecting from others | <input type="checkbox"/> daydreaming more often | <input type="checkbox"/> appetite gain or loss |

All stress conditions can generally be resolved & remedied in 2-6 private Optimal Health training sessions. Call 804.616.5053 for a free phone consultation and answers to questions about how you can benefit.