



## HeartLight Wellness Stress Profile

Firstly, let's debunk one myth about stress: It is not necessarily a 'bad' thing. Without it, humankind wouldn't have survived.

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight or freeze' mode, releasing a mix of hormones and chemicals in our bodies such as adrenaline, cortisol, and norepinephrine. These make our heart pounds, we breathe fast, and we get a huge boost of energy that tenses up our body. It also shuts down bodily functions such as digestion.

The challenge today is when we seem to live in a constant state of stress. When blood flow is going only to the most important muscles needed to fight or flee, our survival instincts override our thinking brain and prevents us from 'thinking straight.' Worse yet, elevated cortisol levels increase our **blood pressure levels** and a **decrease in libido!**

Once the threat is gone, your body is meant to return to a normal, relaxed state. Unfortunately, the nonstop complications of modern life mean that some people's alarm systems rarely shut off.

**The questionnaire below** is a quick and easy tool to provide a 'snapshot' of the stress in your daily life. Take it, and HeartLight Wellness of Santa Fe LLC will help you determine the amount of stress you are under, and come up with a plan to keep it manageable!

It is important to  check the appropriate box that truly reflects your physical and emotional reactions during the past thirty-days. Don't overthink your answers, just pick your first impression and move on to the next question. There are no right or wrong answers.

**INSTRUCTIONS:** Put a check mark (✓) on each line below (1-7) in the box that best describes you **during the last month.**

Over the <u>last month</u> , how often have you experienced the following concerns?	Hardly Ever	Several Days	50% of the Time	Nearly Every Day
1. Trouble relaxing				
2. Worrying too much about different things				
3. Being restless and unsettled				
4. Feeling afraid, as if something awful might happen				
5. Becoming short, annoyed, or irritable				
6. Not being able to stop or control worrying				
7. Feeling nervous, anxious or on edge				

**IMPORTANT: Bring the completed questionnaire with you for your first Appointment**