

Stress is a normal part of life. Every day, we're faced with stimult, called stressors, which can elicit the body's 'fight or light' response, setting off a cascade of physiological insurations and resulting in emotions ranging from mild to intense. But while occasional stress is natural and even healthy, chronic or acute traces can the narmal stress of screen your body's response to situations you perceive as stressful. By honestly assessing how you feel, your healthcare provider can create a dress relief program for your individual needs. Directions: Near trace in the program for your individual needs. Directions: Near trace in E-feldom trace in the determine the total scores for sections A-C and C-E. Some questions may appear redundant between sections. The received in the program much time on any oral question. Nower trace in E-feldom tr	Naı	ne Age Sex	Dat	te			
Drowlet an create a stress relief program for your individual needs. Directions: Please read each statement and circle the number (0, 1, 2, or 3 that best describes your feelings or reactions throughout the course of the uby. Determine subtoral store for each section, then determine the total scores for sections A-C and C-E. Some questions may appear red undant between sections. There reason for each question, Don't spend much time on any one question. 0 - Never true	of p	hysiological reactions and resulting in emotions ranging from mild to intense. But while occasional stress is natural and ev					
Please tread each statement and circle the number 0, 1, 2 or 3 that best describes your feelings or reactions throughout the course of rhe day. Determine whost of secrets on their determine the total scores for sections ArC and CrE. Some questions may appear redundant between sections. There teachs not re each question throughout the course of rhe day. Determine the total scores for sections ArC and CrE. Some questions may appear redundant between sections. There teachs not reach question to the property of the course of the day. Determine the total scores for sections ArC and CrE. Some questions may appear redundant between sections. There teached not not seen that the course of the day. Determine the total scores for sections are considered and sections. Section A: 1. Get vound up when I get tired and have trouble calming down. 2. Feel testifiers, appear energetic, but feel "burned out" and exhausted. 3. Feel testifiers, agritated, anxious, and uneasy. 4. Feel testifiers, agritated, anxious, and uneasy. 5. Feel demoitionel—cry easily or laugh inappropriately. 6. Experience heart papitations or a pounding in my chest. 7. An short of breath. 8. Ant constituted. 8. Ant constituted. 9. Feel demoitionel—cry easily or laugh inappropriately. 9. Feel very moverheated, and dry all over. 9. Feel very			yo!	u fee	l, you	ır hea	lthcare
Please read each statement and cicle the number 0, 1, 2 or 3 that best describes your feelings or reactions throughout the course of the day. Determine ubstall score for each section, than determine the total scores for sections A-C and C-E. Some questions may appear redundant between sections. There exists for two weeks or longer. I Section A:							
Section A:	Plea sub	ise read each statement and circle the number 0, 1, 2, or 3 that best describes your feelings or reactions throughout the co total score for each section, then determine the total scores for sections A-C and C-E. Some questions may appear redund					
Section A:	0 =	Never true 1= Seldom true 2= Sometimes true 3= Often true					
Get wound up when I get tired and have trouble calming down	W	hen under stress for two weeks or longer, l				1	,
2. Feel diview, appear energetic, but feel "burned out" and exhausted 3 0 1 2 3 4. Feel eastly, overwhelmed by emotion 0 1 2 3 5. Feel emotional—cry easily or laugh inappropriately. 0 1 2 3 6. Experience heart palpitations or a pounding in my chest 0 1 2 3 7. Am short of breath. 0 1 2 3 8. Am constipated. 0 1 2 3 9. Feel warm, overheated, and dry all over. 0 1 2 3 0. Get bord flables. 0 1 2 3 1. Get hord flables. 0 1 2 3 2. Sleep less than seven hours a night. 0 1 2 3 3. Have trouble failing askeep and staying askeep. 0 1 2 3 4. Worry about high blood pressure, cholesterol, and triglycerides. 0 1 2 3 5. Forget to eat and feel little hunger. Total points: Section 8: 1. Find myself worrying about things big and small. 0 1 2<	Se	ction A:					
2. Feel diview, appear energetic, but feel "burned out" and exhausted 3 0 1 2 3 4. Feel eastly, overwhelmed by emotion 0 1 2 3 5. Feel emotional—cry easily or laugh inappropriately. 0 1 2 3 6. Experience heart palpitations or a pounding in my chest 0 1 2 3 7. Am short of breath. 0 1 2 3 8. Am constipated. 0 1 2 3 9. Feel warm, overheated, and dry all over. 0 1 2 3 0. Get bord flables. 0 1 2 3 1. Get hord flables. 0 1 2 3 2. Sleep less than seven hours a night. 0 1 2 3 3. Have trouble failing askeep and staying askeep. 0 1 2 3 4. Worry about high blood pressure, cholesterol, and triglycerides. 0 1 2 3 5. Forget to eat and feel little hunger. Total points: Section 8: 1. Find myself worrying about things big and small. 0 1 2<			Ω	1	2	3	*
Feel erstless, agitated, anxious, and uneasy.					2		
4. Feel easily overwhelmed by emotion. 0 1 2 3 5. Feel emotional—cry easily or laugh inappropriately. 0 1 2 3 6. Experience heart palpitations or a pounding in my chest. 0 1 2 3 7. Am short of breath. 0 1 2 3 8. Am constipated. 0 1 2 3 9. Feel warm, overheated, and dry all over. 0 1 2 3 0. Get mouth sores or sore tongue. 0 1 2 3 0. Get both flashes. 0 1 2 3 1. Get hoff shes. 0 1 2 3 2. Sleep lass than seven hours a night. 0 1 2 3 3. Have trouble falling asleep and staying asleep. 0 1 2 3 4. Worry about high blood pressure, cholesterol, and triglycerides. 0 1 2 3 5. Forget to eat and feel little hunger. 0 1 2 3 6. Forget to eat and feel little hunger. 0 1 2 3 7. Forget to eat and feel little					2		
5. Feel emotional—cry easily or laugh inappropriately. 0 1 2 3 6. Experience heart palpitations or a pounding in my chest. 0 1 2 3 8. Am constipated. 0 1 2 3 9. Feel warm, overheated, and dry all over. 0 1 2 3 0. Get mouth sores or sore tongue 0 1 2 3 1. Get thof flashes. 0 1 2 3 1. Get though sale and staying asieep. 0 1 2 3 1. Get would half blood pressure, cholesterol, and triglycerides. 0 1 2 3 1. Worry about high blood pressure, cholesterol, and triglycerides. 0 1 2 3 4. Worry about high blood pressure, cholesterol, and triglycerides. 0 1 2 3 5 Forget to eat and feel little hunger. 0 1 2 3 5 Forget to eat and feel little hunger. 0 1 2 3 5 Feel alike I can't stop worrying, even though I want to. 0 1 2 3 5 Feel ilike I can't stop worrying, even though I want to. 0<					2		
6. Experience heart palipitations or a pounding in my chest 0 1 2 3 7. Am short of breath 0 1 2 3 8. Am constipated 0 1 2 3 9. Feel warm, overheated, and dry all ower. 0 1 2 3 10. Get mouth sorse or sore tongue 0 1 2 3 11. Get hort flashes 0 1 2 3 12. Sleep less than seven hours a night 0 1 2 3 13. Have trouble falling asleep and staying asleep. 0 1 2 3 4. Worry about high blood pressure, cholesterol, and triglycerides 0 1 2 3 5. Forget to eat and feel little hunger 0 1 2 3 6. Forget to eat and feel little hunger 0 1 2 3 7. Forget to eat and feel little hunger 0 1 2 3 8. Forget to eat and feel little hunger 0 1 2 3 8. Forget to eat and feel little hunger 0 1 2 3 8. Forget to eat and feel li						-	
7. Am short of breath 0 1 2 3 8. Am constipated 0 1 2 3 9. Feel warm, overheated, and dry all over 0 1 2 3 0. Get mouth sores or sore tongue 0 1 2 3 1. Get hot flashes 0 1 2 3 2. Sleep less than seven hours a night 0 1 2 3 3. Have trouble falling asleep and staying asleep 0 1 2 3 4. Worry about high blood pressure, cholesterol, and triglycerides 0 1 2 3 5. Forget to eat and feel little hunger 0 1 2 3 6. Forget to eat and feel little hunger 0 1 2 3 7. Forget to eat and feel little hunger 0 1 2 3 8. Forget to eat and feel little hunger 0 1 2 3 8. Feel like I can't stop worrying, even though I want to 0 1 2 3 9. Feel like I can't stop worrying, even though I want to 0 1 2 3 8. Get mucle stop i							
8. Am constipated. 0 1 2 3 9. Feel warm, overheated, and dry all over. 0 1 2 3 1. Get mouth sores or sore tongue. 0 1 2 3 1. Get hot flashes. 0 1 2 3 2. Sleep less than seven hours a night. 0 1 2 3 3. Have trouble falling asleep and staying asleep. 0 1 2 3 4. Worry about high blood pressure, cholesterol, and triglycerides. 0 1 2 3 5. Forel to eat and feel little hunger. 0 1 2 3 6. Forel to eat and feel little hunger. 0 1 2 3 7. Forel from myself worrying about things big and small. 0 1 2 3 8. Feel limpulsive, port up, and ready to explode 0 1 2 3 4. Get muscle spasms. 0 1 2 3 5. Feel aggressive, unyielding, or inflexible when pressed for time 0 1 2 3 6. See, hear, and smell things that others do not. 0 1 2 3					***		
9. Feel warm, overheated, and dry all over					-		
Get mouth sores or sore tongue		·			_		
1. Get hot flashes							
Sieep less than seven hours a night					-		
Have trouble falling asleep and staying asleep.					. 2		
4. Worry about high blood pressure, cholesterol, and triglycerides. 0 1 2 3 5. Forget to eat and feel little hunger. 0 1 2 3 Section B: Total points: Setion B: 1. Find myself worrying about things big and small. 0 1 2 3 2. Feel like I can't stop worrying, even though I want to 0 1 2 3 3. Feel impulsive, pent up, and ready to explode. 0 1 2 3 4. Get muscle spasms. 0 1 2 3 5. Feel aggressive, unyielding, or inflexible when pressed for time. 0 1 2 3 6. See, hear, and smell things that others do not 0 1 2 3 7. Stay awake replaying the events of the day or planning for tomorrow. 0 1 2 3 8. Have upsetting thoughts or images enter my mind again and again. 1 2 3 9. Have a hard time stopping myself from doing things again and again. 1 2 3 10. Worry a lot about terrible things that could happen if I'm not careful 0 1					2	3	
Section B: Total points: Section B: Total points: Section B:					2	3	
Section B:				1	2	3	
Section B: Find myself worrying about things big and small	15.	Forget to eat and feel little hunger	0	1	2	3	
1. Find myself worrying about things big and small 0 1 2 3 2. Feel like I can't stop worrying, even though I want to 0 1 2 3 3. Feel impulsive, pent up, and ready to explode 0 1 2 3 4. Get muscle spasms 0 1 2 3 5. Feel aggressive, unyielding, or inflexible when pressed for time 0 1 2 3 6. See, hear, and smell things that others do not 0 1 2 3 6. See, hear, and smell things that others do not 0 1 2 3 7. Stay awake replaying the events of the day or planning for tomorrow 0 1 2 3 8. Have upsetting thoughts or images enter my mind again and again 0 1 2 3 9. Have a hard time stopping myself from doing things again and again, like checking on things or rearranging objects over and over. 0 1 2 3 0. Worry a lot about terrible things that could happen if I'm not careful 0 1 2 3 2. Have muscle and joint pains 0 1 2 3 3. Have muscle weakness 0 1			s: _		-	Marine Marine	
2. Feel like I can't stop worrying, even though I want to							
3. Feel impulsive, pent up, and ready to explode							
4. Get muscle spasms. 0 1 2 3 5. Feel aggressive, unyielding, or inflexible when pressed for time. 0 1 2 3 6. See, hear, and smell things that others do not. 0 1 2 3 7. Stay awake replaying the events of the day or planning for tomorrow. 0 1 2 3 8. Have upsetting thoughts or images enter my mind again and again. 0 1 2 3 9. Have a hard time stopping myself from doing things again and again, like checking on things or rearranging objects over and over. 0 1 2 3 0. Worry a lot about terrible things that could happen if I'm not careful 0 1 2 3 0. Worry a lot about terrible things that could happen if I'm not careful 0 1 2 3 2. Have muscle and joint pains. 0 1 2 3 2. Have muscle weakness 0 1 2 3 3. Crave salt or salty things 0 1 2 3 4. Have multiple points on my body that when touched are tender or painful 0 1 2 3 5. Have dark circles under my eyes 0						3	
5. Feel aggressive, unyielding, or inflexible when pressed for time 0 1 2 3 6. See, hear, and smell things that others do not 0 1 2 3 7. Stay awake replaying the events of the day or planning for tomorrow 0 1 2 3 8. Have upsetting thoughts or images enter my mind again and again 0 1 2 3 9. Have a hard time stopping myself from doing things again and again, like checking on things or rearranging objects over and over 0 1 2 3 0. Worry a lot about terrible things that could happen if I'm not careful 0 1 2 3 Section C: 1. Have muscle and joint pains. 0 1 2 3 2. Have muscle weakness 0 1 2 3 3. Crave salt or salty things 0 1 2 3 4. Have multiple points on my body that when touched are tender or painful 0 1 2 3 5. Have dark circles under my eyes 0 1 2 3 6. Feel a sudden sense of anxiety when I get hungry 0 1 2 3 7. Use medications to ma				1	2	3	
6. See, hear, and smell things that others do not	4.	Get muscle spasms	0	1	2	3	
7. Stay awake replaying the events of the day or planning for tomorrow	5.	Feel aggressive, unyielding, or inflexible when pressed for time	0	1	2	3	
8. Have upsetting thoughts or images enter my mind again and again and again 2 3 3 9. Have a hard time stopping myself from doing things again and again, like checking on things or rearranging objects over and over	6.	See, hear, and smell things that others do not	0	1	2	3	
9. Have a hard time stopping myself from doing things again and again, like checking on things or rearranging objects over and over	7.	Stay awake replaying the events of the day or planning for tomorrow	0	1	2	3	
like checking on things or rearranging objects over and over	8.	Have upsetting thoughts or images enter my mind again and again	0	1	2	3	
O. Worry a lot about terrible things that could happen if I'm not careful	9.	Have a hard time stopping myself from doing things again and again,					
O. Worry a lot about terrible things that could happen if I'm not careful		like checking on things or rearranging objects over and over	0	1	2	3	
Section C: 1. Have muscle and joint pains	0.			1	2	3	
Section C: 1. Have muscle and joint pains							
1. Have muscle and joint pains	50		5				
2. Have muscle weakness 0 1 2 3 3. Crave salt or salty things 0 1 2 3 4. Have multiple points on my body that when touched are tender or painful 0 1 2 3 5. Have dark circles under my eyes 0 1 2 3 6. Feel a sudden sense of anxiety when I get hungry 0 1 2 3 7. Use medications to manage pain 0 1 2 3 8. Get dizzy when rising or standing up from a kneeling or sitting position 0 1 2 3 9. Have diarrhea or bouts of nausea with or without vomiting for no apparent reason 0 1 2 3 0. Have headaches 0 1 2 3			0	1	7	כ	
3. Crave salt or salty things					2		
4. Have multiple points on my body that when touched are tender or painful 0 1 2 3 5. Have dark circles under my eyes 0 1 2 3 6. Feel a sudden sense of anxiety when I get hungry 0 1 2 3 7. Use medications to manage pain 0 1 2 3 8. Get dizzy when rising or standing up from a kneeling or sitting position 0 1 2 3 9. Have diarrhea or bouts of nausea with or without vomiting for no apparent reason 0 1 2 3 0. Have headaches 0 1 2 3						-	
5. Have dark circles under my eyes 0 1 2 3 6. Feel a sudden sense of anxiety when I get hungry 0 1 2 3 7. Use medications to manage pain 0 1 2 3 8. Get dizzy when rising or standing up from a kneeling or sitting position 0 1 2 3 9. Have diarrhea or bouts of nausea with or without vomiting for no apparent reason 0 1 2 3 0. Have headaches 0 1 2 3					_		
6. Feel a sudden sense of anxiety when I get hungry					_		
7. Use medications to manage pain					(500)		
8. Get dizzy when rising or standing up from a kneeling or sitting position					-		
9. Have diarrhea or bouts of nausea with or without vomiting for no apparent reason				1			
0. Have headaches				1		11.00	
· · · · · · · · · · · · · · · · · · ·				1	-		
Total noints:	0.	Have headaches	0	1	2	3	
		Total point	21				

1.	ction D:	1	1	2	3
7	Have trouble organizing my thoughts)	1	2	3
∠.	Get easily distracted and lose focus)	1	2	3
3.	Have difficulty making decisions and mistrust my judgment)	1	2	3
4.	Feel depressed and apathetic)	1	2	3
5.	Lack the motivation and energy to stay on task and pay attention)	1	2	3
6.	Am forgetful)	1	2	3
7.	Feel unsettled, restless, and anxious)	1	. 2	
8.	Wake up tired and unrefreshed)	1	2	3
9.	Experience heartburn and indigestion)	1	2	3
10.	Catch colds or infections easily	U	1	2	3
	Total point	s: _			
Se	ection E:				
1.	Feel tired for no apparent reason	0	1	2	3
2	Experience lingering mild fatigue after exertion or physical activity	0	1	2	3
3	Find it difficult to concentrate and complete tasks	0	1	2	3
4.	Feel depressed and apathetic	0	1	2	3
5	Feel cold or chilled—hands, feet, or all over—for no apparent reason	0	1	2	3
5. 6.	Have little or no interest in sex	0	1	2	3
7	Sweat spontaneously during the day	0	1	2	3
γ.	Feel puffy and retain fluids	0	1	2	3
9.	Sleep more than nine hours a night	0	1	2	3
10.	Have poor muscle tone	0	1	2	3
11.		0	1	2	3
12.		0	1	2	3
13.		0	1	2	3
		0	1	2	3
14.	Feel dragged down by multiple symptoms, such as poor digestion and body aches	0	1	2	3
15.	Total poin				
	Add points from sections A, B, & C Total for A, B, &	C: _			
					1
	Add points from sections C, D, & E Total for C, D, &				
1.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1 2 3 4 5 6 7 8 9 10 What do you consider to be the major causes of your stress (for example—spouse, family, friends, work, finances, weddilegal, commute):	E: _			
1.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1 2 3 4 5 6 7 8 9 10 What do you consider to be the major causes of your stress (for example—spouse, family, friends, work, finances, weddilegal, commute):	E: _			
1. 2. 3.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1 2 3 4 5 6 7 8 9 10 What do you consider to be the major causes of your stress (for example—spouse, family, friends, work, finances, weddilegal, commute): Leat breakfasttimes a week. My typical breakfast is:	E: _	pregi	nancy	
1. 2.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1 2 3 4 5 6 7 8 9 10 What do you consider to be the major causes of your stress (for example—spouse, family, friends, work, finances, weddilegal, commute): I eat breakfast times a week. My typical breakfast is:	e: _	pregi	nancy	
1. 2.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1 2 3 4 5 6 7 8 9 10 What do you consider to be the major causes of your stress (for example—spouse, family, friends, work, finances, weddilegal, commute): I eat breakfast times a week. My typical breakfast is:	e: _	pregi	nancy	
1. 2.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1	ng, per	pregi wee	nancy k.	/,
1. 2. 3. 4. 5.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1 2 3 4 5 6 7 8 9 10 What do you consider to be the major causes of your stress (for example—spouse, family, friends, work, finances, weddilegal, commute): I eat breakfast times a week. My typical breakfast is: days per week. I take a fish oil supplement days. I participate in 30 minutes of physical activity such as walking, aerobics (e.g., running), resistance training (e.g., weights, sports (e.g. biking), or yoga: Daily	ng, per	pregi wee	nancy k.	
1. 2. 3. 4. 5.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1 2 3 4 5 6 7 8 9 10 What do you consider to be the major causes of your stress (for example—spouse, family, friends, work, finances, weddilegal, commute): I eat breakfast times a week. My typical breakfast is: I take a multiple vitamin/mineral days per week. I take a fish oil supplement days. I participate in 30 minutes of physical activity such as walking, aerobics (e.g., running), resistance training (e.g., weights, sports (e.g. biking), or yoga: Daily	E: per per pilat	pregrees weees),	hancy k.	nce a w
1. 2. 3. 4. 5.	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1	e: _	pregress the corp	nancy k.	nce a w
1. 2. 3. 4. 5. 6. 7	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1	e: _	pregress the corp	nancy k.	nce a wr
1. 2. 3. 4. 5. 6. 7	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1	E: ng, perpolation	pregi weees), ess th	k. reen nan o	nce a wr
1. 2. 3. 4. 5. 6. 7	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1	E: ng, perpolation	pregi weees), ess th	k. reen nan o	nce a writeas:
1. 2. 3. 4. 5. 6. 7	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1	E: ng, perpolation	pregi weees), ess th	k. reen nan o	nce a writeas:
1. 2. 3. 4. 5. 66 7 8	e and Health Status: Circle the level of stress you experience on the scale of 1-10, 10 being the worst: 1	E: ng, perpolation	pregi weees), ess th	k. reen nan o	nce a writeas: