

Determining *Your* Stress “Score”

The table on the previous page offers you a *subjective* evaluation of the extent chronic stress impacts *your* life. It is *not* intended, or to be used (by either client or practitioner), as a tool to diagnose, treat or cure any illness. To determine your stress “score,” use the following measures:

Zone 1 - 1 through 3 – Little or no impact

Zone 2 - 4 through 7 – Some impact, but manageable

Zone 3 - 8 through 10 – Needs to be addressed *immediately!*

Because of the level of chronic stress inflicted on all of us by contemporary society, most of us place many of the listed manifestations in Zone 1, and a couple of them in Zone 2. However, if you find your “score” shows several in Zone 2, your “Stress Stack” is trending in an unhealthy direction. You should seriously consider scheduling a consult with us.

If you have placed more than one or two of the scores in Zone 3, for your own good health, please schedule a consult right away. We can help you get a handle on your stress before it becomes completely unmanageable, and serious health consequences result. Use the information in the “Contact Us” section of our web site to schedule an appointment today. You’ll be glad you did!