

# STRESS DETOX QUIZ



READ EACH STATEMENT AND CIRCLE TRUE OR NOT TRUE AS IT APPLIES TO YOUR FEELINGS OR REACTIONS THROUGHOUT THE COURSE OF A DAY.

### **SECTION A:**

GET WOUND UP WHEN I GET TIRED AND HAVE TROUBLE CALMING DOWN	TRUE	NOT TRUE
FEEL EASILY OVERWHELMED BY EMOTION	TRUE	NOT TRUE
FEEL EMOTIONAL - CRY EASILY OR LAUGH INAPPROPRIATELY	TRUE	NOT TRUE
SLEEP LESS THAN SEVEN HOURS A NIGHT	TRUE	NOT TRUE

### **SECTION B:**

FIND MYSELF WORRYING ABOUT THINGS BIG AND SMALL	TRUE	NOT TRUE
GET MUSCLE SPASMS	TRUE	NOT TRUE
STAY AWAKE REPLAYING EVENTS OF THE DAY AND PLANNING FOR TOMORROW	TRUE	NOT TRUE
HAVE A HARD TIME STOPPING MYSELF FROM DOING THINGS AGAIN AND AGAIN, LIKE CHECKING ON THINGS OR REARRANGING OBJECTS OVER AND OVER	TRUE	NOT TRUE

### **SECTION C:**

CRAVE SALT OR SALTY THINGS	TRUE	NOT TRUE
HAVE MULTIPLE POINTS ON MY BODY THAT WHEN TOUCHED ARE TENDER OR PAINFUL	TRUE	NOT TRUE
FEEL SUDDEN SENSE OF ANXIETY WHEN I GET HUNGRY	TRUE	NOT TRUE
GET DIZZY WHEN RISING UP FROM A KNEELING OR SITTING POSITION	TRUE	NOT TRUE

### **SECTION D:**

HAVE TROUBLE ORGANIZING MY THOUGHTS	TRUE	NOT TRUE
GET EASILY DISTRACTED AND LOSE FOCUS	TRUE	NOT TRUE
LACK OF MOTIVATION AND ENERGY TO STAY ON TASK AND PAY ATTENTION	TRUE	NOT TRUE
WAKE UP TIRED AND UNREFRESHED	TRUE	NOT TRUE

### **SECTION E:**

FEEL TIRED FOR NO APPARENT REASON	TRUE	NOT TRUE
FIND IT DIFFICULT TO CONCENTRATE AND COMPLETE TASKS	TRUE	NOT TRUE
FEEL DEPRESSED AND APATHETIC	TRUE	NOT TRUE
WAKE UP TIRED EVEN THOUGH I SEEM TO GET PLENTY OF SLEEP	TRUE	NOT TRUE

## QUIZ RESULTS

ADD THE NUMBER OF TRUE STATEMENTS THAT YOU CIRCLED FOR EACH SECTION AND WRITE THEM IN THE SPACE PROVIDED.

**SECTION A + SECTION B + SECTION C = \_\_\_\_\_**

**SECTION C = \_\_\_\_\_**

**SECTION D + SECTION E + SECTION C = \_\_\_\_\_**

THE NUMBER OF TRUE STATEMENTS WILL HELP TO GUIDE IN THE TYPE OF STRESS YOU CURRENTLY SUFFER FROM.

**SECTION A + SECTION B + SECTION C**

IF THE SUM OF YOUR TRUE STATEMENTS WAS HIGHER HERE VS SECTIONS B, D AND E THEN YOU ARE **STRESSED AND WIRED (ANXIOUS)**.

**SECTION C**

IF THE SUM OF YOUR TRUE STATEMENTS HERE WAS HIGHER THAN 2, YOU NEED EXTRA **ADRENAL HELP**.

**SECTION D + SECTION E + SECTION C**

IF THE SUM OF YOUR TRUE STATEMENTS WAS HIGHER HERE VS SECTIONS A, B AND C THEN YOU ARE **STRESSED AND TIRED**.

**DOWNLOAD THE STRESS DETOX GUIDE TO FIND SUPPLEMENTS AND ADDITIONAL IDEAS TO HELP WITH EVERY TYPE OF STRESS.**

Check out more free resources on our website:  
[OppFamilyChiropractic.com](http://OppFamilyChiropractic.com)

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