

Scoring:

Score	Rating	Explanation
Over 180		<p>If you still feel stressed out, then you may not actually be using all your skills and stress management tools at the times when you really need it. You may not always realize when your body has gone into a stress reaction and those stress hormones and chemicals take over your thoughts, instinct, feelings, inclinations and plans. It takes almost 2 hours to fully dissipate the hormones and chemicals of stress from our bodies. And if your day is one stressful thing after another, that means your “normal” mode of coping and living is actually stress based. The cure comes in learning and improving your sensitivity to actually notice what your mind and body is doing <i>in this present moment</i> (.how you are thinking, feeling, acting, what are your impulses)? Its like you need an ultra sensitive “self radar’ to really be able to know where you are on the map of stress or calm. Sometimes we can look and act calm but <i>inside</i> we are feeling like a tornado is raging with frustration, sadness, anger, overwhelm, etc. Or sometimes our body is reacting and we are <i>not even aware</i> because our nervous system has gone into a freeze reaction. But it's either not socially acceptable to show those feelings or just plain too scary for our reputation or social standing or security.</p>
Below 180		<p>You likely have areas in your life that feel like a big challenge. People, goals, relationships might seem to be problematic and contribute to a higher level of stress each day. You might have a past significant stress or traumatic event that still feels like its “simmering on the backburner”. Any life difficulty can bring it up to a boil every so often and make general living an even bigger challenge. Life stress might alter your mood easily and make it difficult to feel secure, steady and happy. You might be very influenced by the people and events around you. You might find yourself adapting by becoming more defensive or proactive in protecting yourself in social, work or career pursuits. You might adapt by feeling like you need things to be perfect in order to feel okay or to “put yourself out there”. Like you need to have a plan or list all the time and obsess about all the details before you can really get show up. You might have quite a few aches and pains or physical symptoms that you have to manage to get through your day or week. Sometimes having to cancel and not do things you might like to do socially or physically (sports, exercise) due to fatigue, overwhelm or pain.</p> <p>If you do have a significant health issue that is not improving with well prescribed diets, lifestyle, medicine or supplements, you need to consider that stress may be that missing link that hasn’t been addressed in your life. Many people think they just have to be “tougher” or that they aren’t doing enough to handle stress. But when long term stress has altered your</p>

		nervous system it absolutely changes the way you think, feel and behave. But you can change that! Your nervous system can be balanced and you can thrive again! See below for more explanation.
Below 100		<p>You might feel like you're living in a war zone most of the time, like something could or will go wrong. You might feel you need to be on high alert as much as possible. It is likely that you feel that you're climbing an uphill battle every day of your life and are totally exhausted. You might have many past significant events or situations that have caused you an incredible amount of stress and your nervous system is stuck perceiving that it needs to keep responding to those events...as if they are still happening. For many people, when they recall these events, they almost feel that they are transported right back to the time and place it all happened, like it is actually still happening.</p> <p>If you feel this way then I invite you to explore more ways to support yourself. With the right tools, support and guidance, it is possible to retrain your brain and overcome your body's adaptations to stress!</p>

ARE YOU READY FOR MORE HELP?

If you feel like you're ready to seek help, I advise you to do so. Any therapy that supports the balancing of the nervous system (mindfulness, meditation, Yoga, body/movement breathe activities, certain types of counselling) will support your ability to CALM this stress response. It is very important to have a support and guide along the way.

There is also a time and a place for specialized, in-person therapy and I always assess my clients to make sure they are in the right place. Sometimes it's best to work with someone in person and I help you find someone you can work with in your area if that is what is best for you.

I work online with clients to help them develop the skills to balance their nervous system daily in their lives. I assess each client to see if we are a good fit to work together online and in my guided program.

WOULD YOU LIKE TO CHAT?

If you have worked your way through this health analysis and are interested in working more closely with me to discover how I help people rebalance their nervous systems in my Guided Online 8 Week Program, and Personalized Online Naturopathic Coaching Sessions. I invite you to book a time for a short, free consult and I can better assess your unique needs.

<https://go.oncehub.com/dramanda>

--All My Best,

Dr. Amanda

MINDSET:

How you think about stress is so important. If you think it's a bad thing, you will set yourself up for a life of fighting against it and mostly failure. If you can understand that stress is NOT a bad thing, that our bodies were designed to respond to stress in an incredibly adaptable way, then you will be on your way to healing much faster.

But how can you think like this, when experiencing being stressed out and overwhelmed feels so BAD?

Well the key lies in understanding that EVERYTHING your body does has a strategy. And contrary to most beliefs in conventional medicine, the mind and body are connected and produce a unified response. Take for example

Believe THAT YOU BODY IS WORKING FOR YOU...NOT AGAINST YOU.

Believe that you just need to ride the wave of stress, or turn into the skid, not force against it.

Believe that you have the capability to heal anything (even if you still need help and support from medicine)

Understand that when your body is in a state of repair and replenishment (the parasympathetic state) you will focus, heal and thrive.