



Stress Score Card

Step 1: Determine if you are coping well with stress or showing signs of unhealthy prolonged stress.

Look at your A + B + C score _____, C + D + E _____ score and C score _____

If your A + B + C score is less than or equal to 35 AND your C + D + E score is less than or equal to 35 AND your C score is ten or less, then congratulations! This suggests that you are experiencing the anticipated, normal response to life's challenges. This is called eustress. Simply follow the seven principles for a healthy, balanced wellness lifestyle.

If your C score is greater than ten, however, this suggests that you are experiencing the physical and psychological changes that are linked with fluctuations in cortisol output from the adrenal glands. This is usually a sign of prolonged stress, but can occur in shorter term stress if the body is not physically well.

If your A + B + C score is less than or equal to 35 AND your C + D + E score is less than or equal to 35 AND your C score is ten or less, then stop here. If not, go on to step 2.

Step 2: Determine how your body is responding to prolonged stress.

Once again, refer to your A + B + C score _____, C + D + E _____ scores

If your A + B + C score is greater than 35 OR your C + D + E score is greater than 35, then this suggests that you are experiencing prolonged stress.

The next step is to determine if the HPA (hypothalamic-pituitary-adrenal) axis is being overstimulated or underactive.

If your A + B + C score is greater than the C + D + E score, then this suggests that your HPA axis is overstimulated and resulting in excess exposure to acute stress hormones (e.g. cortisol, ACTH, CRH). This situation usually manifests as mental restless and/or anxiety, and is frequently associated with sleep problems.

If you fall into this category, next look at your individual A and B scores. If your A is greater than your B score, then you are probably feeling “wired.” If your B score is greater than your A score, then worry is probably your predominant symptom. Remember that symptoms are the body’s alarm signals, friendly messengers reminding you to care for your physical body, mind and spirit. You need some TLC!

Prolonged stress can take a toll on the body, but fortunately these symptoms usually respond well to basic healthy lifestyle changes, as well as some gentle herbs and nutrients to support the body. See the Stress Treatment Protocols for details.

If your C + D + E score is greater than the A + B + C score, then this suggests that your HPA axis is underactive (burned out) and your body is currently unable to respond normally to stressors. This situation is usually the end result of many years of chronic, uncontrolled stress and manifests as poor concentration and/or chronic fatigue. Over sleeping is also common in this situation.

If you fall into this category, next look at your individual D and E scores. If your D is greater than your E score, then you are probably feeling mentally fatigued. If your E score is greater than your D score, then physical fatigue is probably your predominant symptom. Thankfully, both of these situations generally respond well to basic healthy lifestyle changes, as well as some gentle herbs and nutrients to support the body. See the Stress Treatment Protocols for details.

Check the box to indicate your results here:

- Eustress (A+B+C score < or equal to 35 and C+D+E < or equal to 35)
- Adrenal Stress (C score greater than 10)
- Prolonged Stress with an overactive HPA axis (A+B+C > C+D+E) and Predominant response: WIRED (A > B)
- Prolonged Stress with an overactive HPA axis (A+B+C > C+D+E) and Predominant response: WORRIED (B > A)
- Prolonged Stress with an underactive HPA axis (C+D+E > A+B+C) and Predominant response: MENTALLY FATIGUED (D > E)
- Prolonged Stress with an underactive HPA axis (C+D+E > A+B+C) and Predominant response: TIRED (E > D)

Hint: If you checked more than two boxes above, then go back and check your calculations. You should fall into either the eustress category or one of the prolonged stress categories, with or without adrenal stress.