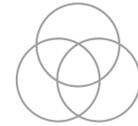


# TOXIC STRESS QUIZ

Use this quiz to help determine areas where unwanted toxic stress may be impacting your life.



**RELEASED**  
EMOTIONAL HEALTH SOLUTIONS

For each question, choose from the following:

1 - never 2 - almost never 3 - sometimes 4 - fairly often 5 - very often

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 01. Throughout the past two weeks, I have been impacted by mental and/or physical fatigue that can't be "fixed" by diet, exercise, or sleep.                 | 1 | 2 | 3 | 4 | 5 |
| 02. Throughout the past two weeks, I have had times of feeling on edge, "wound up tight" or under pressure.  | 1 | 2 | 3 | 4 | 5 |
| 03. Throughout the past two weeks, I have felt the need to always be "on" and over-prepared (hypervigilance), and/or I startle easily.                       | 1 | 2 | 3 | 4 | 5 |
| 04. Throughout the past two weeks, I have experienced persistent physical symptoms like tension headaches, digestive issues, lower back pain, etc...         | 1 | 2 | 3 | 4 | 5 |
| 05. Throughout the past two weeks, I have had difficulty with focusing and/or a racing mind.   | 1 | 2 | 3 | 4 | 5 |
| 06. Throughout the past two weeks, I have had times of feeling "disconnected" from my body - shut down and not aware of what my body is feeling and sensing. | 1 | 2 | 3 | 4 | 5 |
| 07. Throughout the past two weeks, I find myself being bothered by little things that people say and do. I'm easily agitated or "triggered".                 | 1 | 2 | 3 | 4 | 5 |
| 08. Throughout the past two weeks, I have "satiated" uneasy feelings with things like social media, shopping, alcohol, pornography, etc...                   | 1 | 2 | 3 | 4 | 5 |
| 09. Throughout the past two weeks, I have had difficulty sleeping (falling asleep and/or staying asleep).  | 1 | 2 | 3 | 4 | 5 |
| 10. Throughout the past two weeks, I have experienced being "numbed out", feelings of shame, hopelessness and/or depression.                                 | 1 | 2 | 3 | 4 | 5 |

Add up your scores to get the total.

**YOUR TOTAL SCORE:** \_\_\_\_\_

**Disclaimer:** The scores on this self-assessment do not reflect an particular diagnosis or course of treatment. They are meant as a tool to help you assess the impact of toxic stress on your life. If you have further concerns that would require the help of your medical professional or therapist, please reach out to them.

01. Which two or three areas did you score highest on that most impact your life? How?



02. What life events do you feel have contributed to the symptoms of toxic stress that you are experiencing?



03. What does a "dream life" look like for you... a dream life that is unhindered by the effects of toxic stress? What are your next steps to being able to RELEASE that toxic stress?



# HELPING YOUR BODY PROCESS TOXIC STRESS



Try these tips to help your body release stored up toxic stress. Take your time, and be gentle with yourself. Check out [www.myreleasedlife.com](http://www.myreleasedlife.com) to learn more ways to get RELEASED from what's holding you back in life!

## RECOGNIZE AND RELEASE



One of the greatest gifts you can give your body is awareness. Recognize when you're feeling uneasy, agitated, or stressed. Then use your tools to RELEASE that stored up energy inside you.

## DEEP BREATHING



Place your feet securely on the floor and focus on your breath. Breathe in for a count of 7 and breathe out for a count of 11. If someone is around you, ask them to breathe with you while making eye contact with you.

## BODY GROUNDING: BECOMING "SILENT & STILL"



Give yourself a hug. Squeeze your arms from your shoulders to your fingers. Put your hand on your heart and your stomach while you focus on your breathing. Follow what you feel your body needs as you become more aware of the space around you.

## RELEASE THE TENSION



Tension headaches are often a sign of pent-up emotion. Use your thumbs to rub the back of your neck and base of your skull. Gently cradle your head with your hands and softly pull up and hold for a few seconds.

## CONNECT THE DOTS



Remember that this is your body's way of releasing tension and toxic stress that was already stored up in the body. By using the tools you have learned, you'll be able to help your body, mind and soul take greater steps to living a RELEASED & UNHINDERED life.