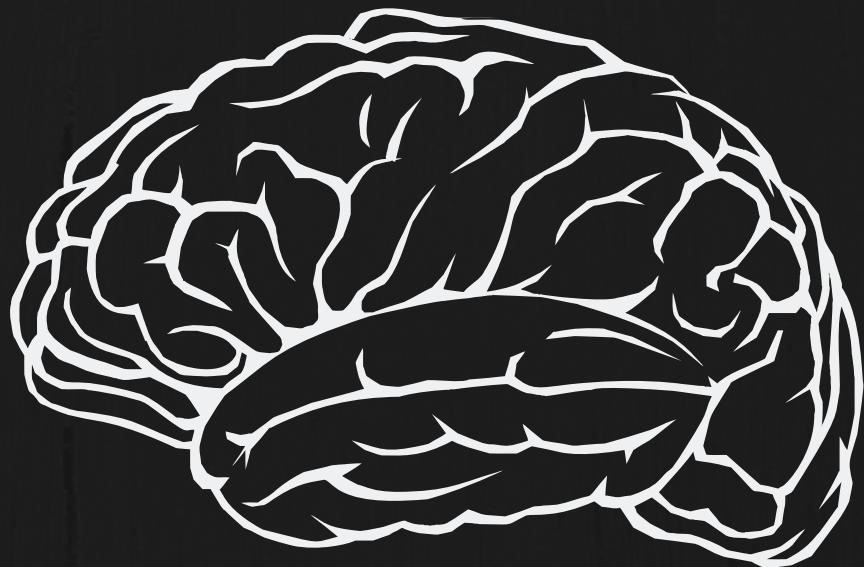


STRESS ADAPTABILITY ASSESSMENT



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Current Stress Assessment

First, let's get a better understanding of your current levels of stress. On a separate sheet of paper answer the following questions and then find your stress range based on the scoring chart below.



1. My current level of stress in regards to my finances is:

- A. No stress whatsoever
- B. Some stress but manageable
- C. Stressful and I'm starting to feel it
- D. A lot of stress and feeling overwhelmed

2. My current level of stress in my relationships (family, friends, significant other) is:

- A. Everything is great, no stress
- B. A little stress at times but what relationship isn't
- C. More stress than I would like, creating some strain
- D. Incredibly stressful, everyday is a battle

3. My current level of stress in regards to my career is:

- A. My career is stress-free!
- B. I love what I do but it comes with some stress
- C. A little more stress than I can handle at times
- D. My career is extremely stressful

4. My current level of stress in regards to my health is:

- A. My health is the best it has ever been
- B. It could be better but I feel I have a control over it
- C. My health is starting become a concern for me
- D. My health is poor and I am very concerned

Answer the following based on which statement best describes you?

5. I feel vibrant, happy, and healthy

- A. All the time
- B. Most of the time
- C. Less than I would like
- D. Rarely

6. I get stressed out or overwhelmed

- A. Rarely
- B. Occasionally
- C. More than I would like
- D. Most of the time

7. My level of satisfaction with my career is:

- A. Very High
- B. Medium
- C. Low
- D. Very low

8. My level of satisfaction with my relationships is:

- A. Very High
- B. Medium
- C. Low
- D. Very Low

9. My level of satisfaction with my health is:

- A. Very High
- B. Medium
- C. Low
- D. Very Low

10. My level of satisfaction with my life is:

- A. Very High
- B. Medium
- C. Low
- D. Very Low

Count the number of times you marked A, B, C, or D and multiply each by the number associated with it below. (Ex: 2 B's x 1=2, 2 C's x 2=4...)

A = 0 ; B = 1 ; C = 2 ; D = 3

Add up the numbers from each category and locate the range below to get your overall stress level.

0-5. Your stress level is very low. You've likely have surrounded yourself with people, places and things that bring you joy and work to keep you life stress-free. Way to go, keep up the good work!

6-14. Your current stress level is low. You may have one or two stressful experiences but for the most part you can counter them with other positive aspects of your life. Tying up any loose end would benefit you greatly!

15-23. Your current stress level is medium to high. There are likely several areas of your life that are causing you much distress. You may be able to "manage" day-to-day but any big changes may tend create a feeling of overwhelm.

24-30. Stress is very high for you and is likely effecting most areas of your life. Your physical health may be suffering with pain or fatigue but you may also notice distress in your relationships, poor mental clarity or brain-fog, or even a sense of unhappiness. If this is you, don't worry. This does not have to be your permanent reality!

Becoming aware of the stress in your life is one thing but remember, *stress is an inevitable and necessary part of life.* What we want to know is how well are you adapting to the stress in your life. The next part of the assessment will give you some insight into that.

Stress Adaptability Assessment

On a separate sheet of paper answer the following questions and find your adaptability range using the scoring chart at the end of this assessment.



1. In the last year I have experienced:

- A. Less stress than before
- B. Same amount as before
- C. Slightly more stress than I remember
- D. A significant amount of more stress

2. In the last year, my health has:

- A. Greatly Improved
- B. Improved slightly
- C. Remained the same
- D. Declined

3. In the last year, I have gotten sick:

- A. 0-1 times
- B. 2-4 times
- C. 5-7 times
- D. 8 or more times

4. On average, how much sleep have you gotten per night in the last 30 days?

- A. 7-8 hours/night
- B. 8+ hours/night
- C. 4-6 hours/night
- D. Less than 4 hours/night

5. In the last 30 days, how many days have you felt anxious or overwhelmed?

- A. 0-2 days
- B. 3-10 days
- C. 11-20 days
- D. 21-30 days

6. In the last 30 days, how many days have you felt angry?

- A. 0-2 days
- B. 3-10 days
- C. 11-20 days
- D. 21-30 days

7. In the last 30 days, I have felt or experienced pain for:

- A. 0-2 days
- B. 3-10 days
- C. 11-20 days
- D. 21-30 days

Rate how each statement below best describes you in the last 30 days

8. I have abundant energy to do the things that I MUST do each day (i.e. work, school, take care of children, personal hygiene etc.)

- A. Highly agree
- B. Somewhat agree
- C. Disagree
- D. Highly disagree

9. I have abundant energy to do the things I WANT to do each day (i.e. attend social events, exercise, read, hobbies etc.)

- A. Highly agree
- B. Somewhat agree
- C. Disagree
- D. Highly disagree

10. I have a great mental capacity for work and rarely experience any lapses (i.e. forgetfulness, lack of concentration, brain-fog etc.)

- A. Highly agree
- B. Somewhat agree
- C. Disagree
- D. Highly disagree

Count the number of times you marked A, B, C, or D and multiply each by the number associated with it below. (Ex: 2 B's x 1=2, 2 C's x 2=4...)

A = 0 ; B = 1 ; C = 2 ; D = 3

Add up the numbers from each category and locate the range below to find your adaptability score.

0-5. You are adapting to the stress in your life very well. It is likely that your current stress level is also pretty low.

When stressful situations do arise, you are quick to control your emotions and can make sound decisions.

You may find that you don't get sick quite as often as others and when you do, you're able to recover faster. You likely have the energy to do the things in life you enjoy, while also enjoying restful sleep. You are well on your way to thriving!

6-14. You are able to adapt to certain life experiences.

When there is minimal stress you are likely sleeping well, experiencing less sick days, and enjoying life. When stress intensifies or big life experiences come up this may go out the window and a sense of overwhelm sinks in. Tying up loose ends with a mindfullness practice would benefit you greatly.

15-23. Stress tends to get the better of you. Whether it is a big stressor or little stressor you may find yourself getting equally overwhelmed and lasting days or even weeks. Often you sacrifice what brings you joy in order to cope. This may include exercise, attending social events, hobbies, and self-care, only adding to your stress. Sick days are common and you may experience the need to sleep more than 8 hours/night just to feel rested. Daily stress management techniques would be beneficial for you such as meditation, journaling, proper nutrition, and light exercise.

24-30. Stress likely has a major impact on your health and life. Likely you are experiencing several major life stressors and are constantly feeling the effects, physically, mentally, and emotionally. Your sleep habits may be very sporadic and you may often feel tired throughout the day. Feeling sick is a common occurrence and just when you overcome one illness, another one comes on. You may have noticed a decline in your health over the years or feeling like you can't do the things you were once able to do. You may feel the need to sacrifice daily necessities such as work, school, or even personal hygiene to help manage the stress. If you are feeling a constant sense of overwhelm and stress, it may be wise to seek advice from a local health-care practitioner who can guide you and create a plan that is specific for you. Know that you are meant to thrive and this time of stress and worry is only temporary.

Regardless of your scores, congratulate yourself for taking the time to take this assessment. Often we can't make changes in life unless we shed some light on the areas we want to change and get a better understanding of what is actually going on. Let this serve as your first step toward living an Optimal Life.

SPECIAL OFFER FOR YOU

You have the potential to THRIVE in this world! Regardless of your age or current health status, you have a divine intelligence within that is always striving for you to be in a state of Optimal Health so that you can be your greatest expression physically, mentally, emotionally, and spiritually. Using your body's nervous system to communicate, this life-force intelligence sends signals to all 100 trillion cells in the body to either create health or dis-ease.

Our innovative approach works directly with your body's nervous system to better allow you to process and integrate the stress of life, freeing up the communication highway of the body. Doing so gives you the greatest chance of living at your full potential, a place where symptoms, sickness, and dis-ease don't exist.

Whether you are looking to become more adaptable to overwhelming stress in your life or would simply like to act and feel EXTRAordinary in your day-to-day life, I invite you to accept this \$49 offer for your first visit to our Optimal Living Practice. This includes a thorough health history, neuro-assessment, 1st tonal adjustment, and recommendations (Normally \$149!!)

Simply claim the offer below and take the first step toward Optimal Living!

Claim Offer