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## HEALTH ASSESSMENT: STRESS

Stress is part of everyday life, and a little bit is not a big problem. But could your stress levels be affecting your health?

**Y**    **N**    Do you regularly eat on the run, grabbing anything when you feel hungry?

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**Y**    **N**    Do you feel run down, burnt out, or suffer from frequent colds, cold sores etc?

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**Y**    **N**    Are you exercising 3 or more times/week?

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**Y**    **N**    Do you struggle to fall or stay asleep?

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**Y**    **N**    Do you feel angry, worried, afraid, and anxious a lot of the time?

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**Y**    **N**    Do you eat, smoke, drink alcohol when you feel anxious, nervous, worried?

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**Y**    **N**    Do you become aggressive, angry or upset when things don't go the way you planned, when people don't react the way you want them to, or when you can't control the situation?

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**Y**    **N**    Do you have regular headaches, high blood pressure, tight/stiff muscles?

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**Y**    **N**    Do you feel run down, burnt out, or suffer from frequent colds, cold sores etc?

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\*\*\* Y = Yes N = No

**HOW DID YOU GO?** 4 or more Yes answers suggest a problem with chronic or high stress and naturopathic care can help support the nervous system and adrenals.

Stress, anxiety, and depression can put one's whole life on hold. We can help you sleep better, manage life's ups and downs, and restore energy levels by using nutritional therapy, herbal medicines, and homoeopathy. And of course our Counsellor, Deena Thompson, is here to help you make sense of your situation, and move through these challenges.

Ask us how... 02 9501 0326 or [christine@healthinourhands.com.au](mailto:christine@healthinourhands.com.au).