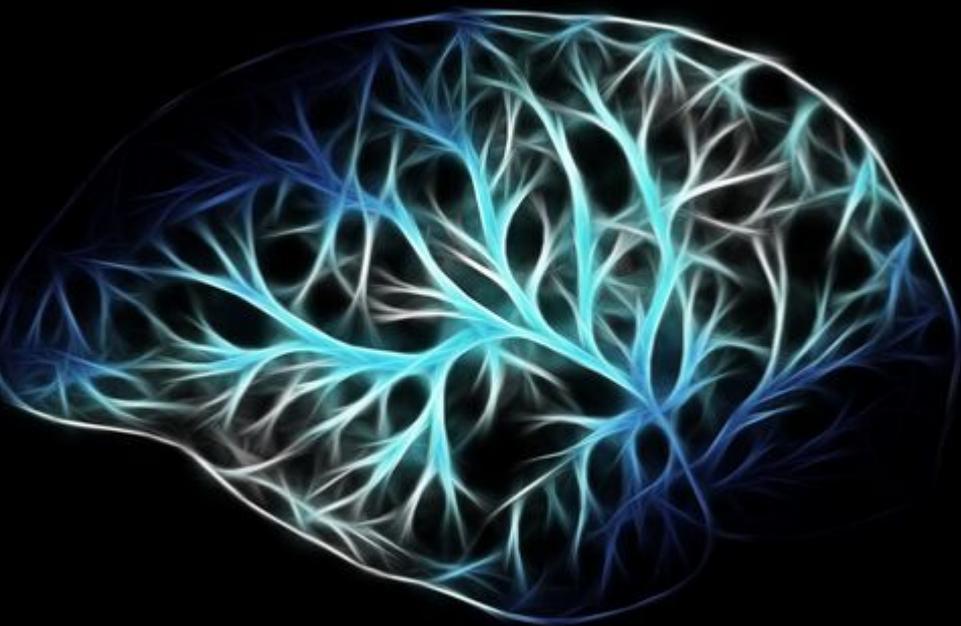


STRESS ADAPTABILITY ASSESSMENT



ROOT OPTIMAL LIVING

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WHAT IS STRESS?

Stress is defined as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. This definition is good and all, but I think it misses a big component and leaves some questions unanswered. Questions like:

- How come something that used to NOT be stressful is all of a sudden very stressful?
- How come my stressors change based on my life circumstances?
- How come what is stressful to some, isn't stressful to others (i.e. public speaking.)
- How come stress can have such an impact on my physical well-being?

Here is my revised definition of stress.

“Stress is a state of mental, emotional, or *physical strain*, tension, or weakness resulting from *perceived* experiences within our environment.” –Dr. Bryan

This definition addresses a couple different questions. First, stress can be, or can be felt as, a physical sensation within our body that may or may not negatively impact our health. Stress produces an array of biochemical reactions within our body so it makes sense that it can have an immediate or long-term affect on our physical health.

Secondly, stress is a response for how each person perceives a circumstance or experience. Every experience in life is an opportunity to choose our thoughts, beliefs, and behaviors. If we choose or believe that something is stressful, or that harm will come to us (when it actually will not) then guess what? It's going to stress us out.

TRUTH ABOUT STRESS

Here is the truth about stress...Stress is inevitable and a necessary part of life. Without stress none of us would be here right now. From the birthing process, being exposed to germs, falling down, learning algebra, or facing fears. Stress forces us to grow and transcend our current levels of thinking and awareness and evolve on a physical, mental, and emotional level...if we choose to let it.

Secondly, the stress response is a normal and natural pre-programmed response in our bodies to keep us safe and alive. Through our nervous system (our perception system) stress signals the body to begin producing chemicals in the form of cortisol, adrenaline, and noradrenaline to name a few. These chemicals cause various reactions to occur in the body including raising blood pressure, diverting blood away from our internal organs, including our brain, and to our muscles, and increasing our blood sugar levels. All of these are perfect responses if we need energy to run from a hungry bear... but most of us don't need to worry about being a bear's next meal.

In today's world we don't need the stimulus of a hungry bear to begin the cascade of stress hormones in the body, putting us in a constant state of *fight-or-flight*. We don't want our blood pressure to be through the roof while we are sitting at our desk responding to emails. Or, blood to be diverted from our brains while we are taking a test or giving a speech. This is why stress tends to have a negative impact on our overall health. Managing stress in these situations comes down to one word, *adaptability*.

Our body's ability to maintain balance and equilibrium in response to various stressors is our ability to *adapt*. In truth, the stress response should only last about 90 seconds in the body. Meaning after we've allowed our

body's nervous system to respond to, and assess, any threats our internal biochemistry (hormones) and physiology (blood pressure, blood sugar levels etc.) should return to a normal resting level.

We see this perfectly in nature. One minute a gazelle is being chased by a lion and the next they are calmly eating grass without any worry of what could happen tomorrow. Their bodies adapted to a stress in the environment and then returned to a state of balance once the stressor was gone. Our ability to adapt to stress not only can help improve our current and future health but can also help us to have the life we envision and desire.

Stress is not something that happens to us but rather how our bodies respond to perceived stressful circumstances. Our nervous system is exactly how we do that. We take in our environment through our 5 senses (touch, taste, hear, smell, see). This information gets processed by our nervous system and our body responds appropriately. If our nervous system is functioning and communicating at it's best, then we're functioning and adapting at our best.

Here's the catch, unprocessed stress from days, weeks, and even years before gets locked in our nervous system, reproducing the same chemical response as if that stressful experience were happening right now in the moment. This interferes with our nervous systems ability to function and, in time, limits our capacity to take on and adapt to new stress. What results is a vicious cycle of more stressful experiences and a smaller capacity to adapt to them.

GOOD NEWS

The goods news is, your nervous system holds the key to better adaptation to stress and better health. Your body is a self-healing, self-regulating, and self-maintaining organism. You are designed to THRIVE, not just survive and all of this is coordinated through the function of your nervous system.

Adapting to stress, being your greatest self-expression, living life to the fullest is *not* something reserved for just a select few. This is available to each and every one of us because we are all created in the same way to be able to experience the same things in life. What is possible for one, is possible for all!

What this assessment will give you is a look at your current stress levels and insight into how well your nervous system is functioning based on how well you adapt to that stress. With this information you can begin to take necessary steps to better manage stress and reach optimal health!

Enjoy the assessment!

Dr. Bryan Stotz, *Vitalistic Chiropractor*
Owner of Root A Centre for Optimal Living

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 your 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 mindfulness 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 tonal chiropractic technique 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. In 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 offer for a COMPLIMENTARY first visit to our Optimal Living Practice. Which includes a thorough health history, neuro-assessment, 1st tonal adjustment, and recommendations (\$119 value!)

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

[Claim Offer](#)