

STRESS PINCH CHECKLIST

	A	B	C
1 I over react when things don't go according to plan:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
2 I stress when things are out of my control:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
3 I get very stressed when I have a new situation or event to attend (<i>when I'm out of my comfort zone</i>):	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
4 People I spend time with cause me stress (<i>children, spouse, friends and family</i>):	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
5 I am constantly looking after everyone else and find it hard to juggle:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
6 My work or business causes me daily stress:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
7 I don't know how to unwind and relax at the end of the day or on weekends:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
8 My body pain causes me stress:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
9 I feel anxious during my week:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never
10 I am tired and overwhelmed on a daily basis:	<input type="radio"/> Always	<input type="radio"/> Sometimes	<input type="radio"/> Never

Count up your answers, find out where you sit, take the next step.

Mostly A's

Your body and mind is in constant fight or flight mode. Something needs to CHANGE.

Mostly B's

Take action steps now, it's time to find balance in your life.

Mostly C's

Keep up the good work! You're living a balanced life.

Call 5529 6598 to book an appointment with a member of our Remedial Massage Team.