

## Stress Assessment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. *In the column to the right of each symptom*, rate each symptom from 0 (no symptoms) to 10 based on how you have felt in the last few days. A rating of 1 is equivalent to slightly felt or hardly ever felt and 10 being strongly felt or felt most of the time. If you rate any symptom a 4 or higher, the brain health coaching approach may be appropriate for you. If you wish to schedule a 15 minute consult with Wendy about this unique brain health approach to managing stress, please contact her at [wendy@turnerlarsen.com](mailto:wendy@turnerlarsen.com)

Neurotransmitter/symptom	
<b>Serotonin</b>	
Negativity/depression	
Worry/anxiety	
Low self-esteem	
Obsessive thoughts/behaviors	
Winter blues	
Irritability/rage	
Dislike hot weather	
Panic attacks	
Phobias (fear of heights, small spaces, snakes, etc.)	
Afternoon/evening cravings	
Fibromyalgia, TMJ	
Suicidal thoughts/feelings	
Insomnia/disturbed sleep	
Night owl, hard to get to sleep	
<b>Catecholamines</b>	
Depression/apathy	
Lack of energy	
Lack of drive/motivation	
Lack of focus/concentration	
ADD like symptoms	
Bored	
Cravings for sugar, etc.	
<b>GABA</b>	
Stiff and tense muscles	
Stressed/burned out	
Unable to relax/loosen up	
Overwhelmed	
Crave carbs for relaxation	
<b>Endorphins</b>	
Very sensitive to emotional/physical pain	
Cry or tear up easily	
Crave comfort/reward/ numbing from treats	
“Love” certain foods, behaviors, drugs/alcohol	
<b>Blood Sugar</b>	
Cravings for sugar, starch, alcohol	
Irritable, shaky, especially if go too long between meals	

Used with Permission and adapted from: Amino Acid Therapy Chart by Julia Ross, MA, Author of *The Mood Cure*, *The Diet Cure* and *The Craving Cure*