

**Is Stress Affecting Your Body? Use our checklist to assess your ability to handle the current stressors in your life.**

1. Do you wake often during the night? .....Y/N
2. Do you take more than 10 minutes to go to sleep? .....Y/N
3. Do have difficulty getting out of bed in the morning? .....Y/N
4. Do you have muscle cramps or twitches? .....Y/N
5. Do you have digestive difficulties? .....Y/N
6. Do you suffer from ringing in the ears? .....Y/N
7. Do you suffer from re-occurant headaches? .....Y/N
8. Do you suffer from shaking or tremors?.....Y/N
9. Do you ever have heart palpitations? .....Y/N
10. Do you experience anxiety attacks? .....Y/N
11. Do you have trouble concentrating or have poor memory? .....Y/N
12. Do you feel that you perspire heavily or have night sweats? .....Y/N
13. Have you lost interest in the things that you once enjoyed? .....Y/N
14. Do you often feel, down or teary? .....Y/N
15. Do you think your personality has changed recently? .....Y/N

These are all signs that stress may be affecting your mind, body and emotions. If you have any of these symptoms you body may be out of balance. The good news is that these problems are all quite easy to correct. Please speak with Mel Hay our Naturopath to discuss how to rebalance your body, and manage your stress in a healthy way.

For additional information and enquiries, please contact The Body Group.

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