

# STRESS INDICATOR AND HEALTH PLANNER



Version 5

*Assess your current level of stress and wellness in five critical areas. Learn about specific strategies to immediately improve your health and performance.*

Name of Participant:  
**Sample Report**  
Date of Assessment:  
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## What Is The Stress Indicator and Health Planner?

The *Stress Indicator and Health Planner* is an instrument designed to help you assess your current levels of stress and health. It can assist you to develop a plan to enhance your overall wellness and decrease your stress levels.

Now that you have completed the *Stress Indicator*, you will have greater awareness and insight regarding potential risk areas that interfere with optimal health, performance, and long-term enjoyment of life. The knowledge you gain from this assessment will enable you to plan for increased health and vitality.

The *Health Planner* is designed to provide practical information to assist you in making choices that will move you in the direction of your wellness goals.

Many of CRG's clients use the *Stress Indicator and Health Planner (SIHP)* on a regular and planned basis. We recommend that you consider completing the *SIHP* at least once a year to track or benchmark any changes to your stress and wellness levels.

As our life changes, so do our stress and wellness levels. The *SIHP* is an excellent way to be proactive in your overall health strategies.

Research has confirmed that stress is costly not only to our health but to our performance. One study confirmed that over 50% of workers are highly or extremely stressed. The *SIHP* can be an important tool to help reduce the stress levels that you and your team are experiencing, while increasing your overall wellness.

Corporations and organizations have created wellness programs using the *SIHP* to benchmark the health practices of their employees. Based on the *SIHP* results, the companies can track trends and implement training and support programs to address important or critical stress and wellness issues.

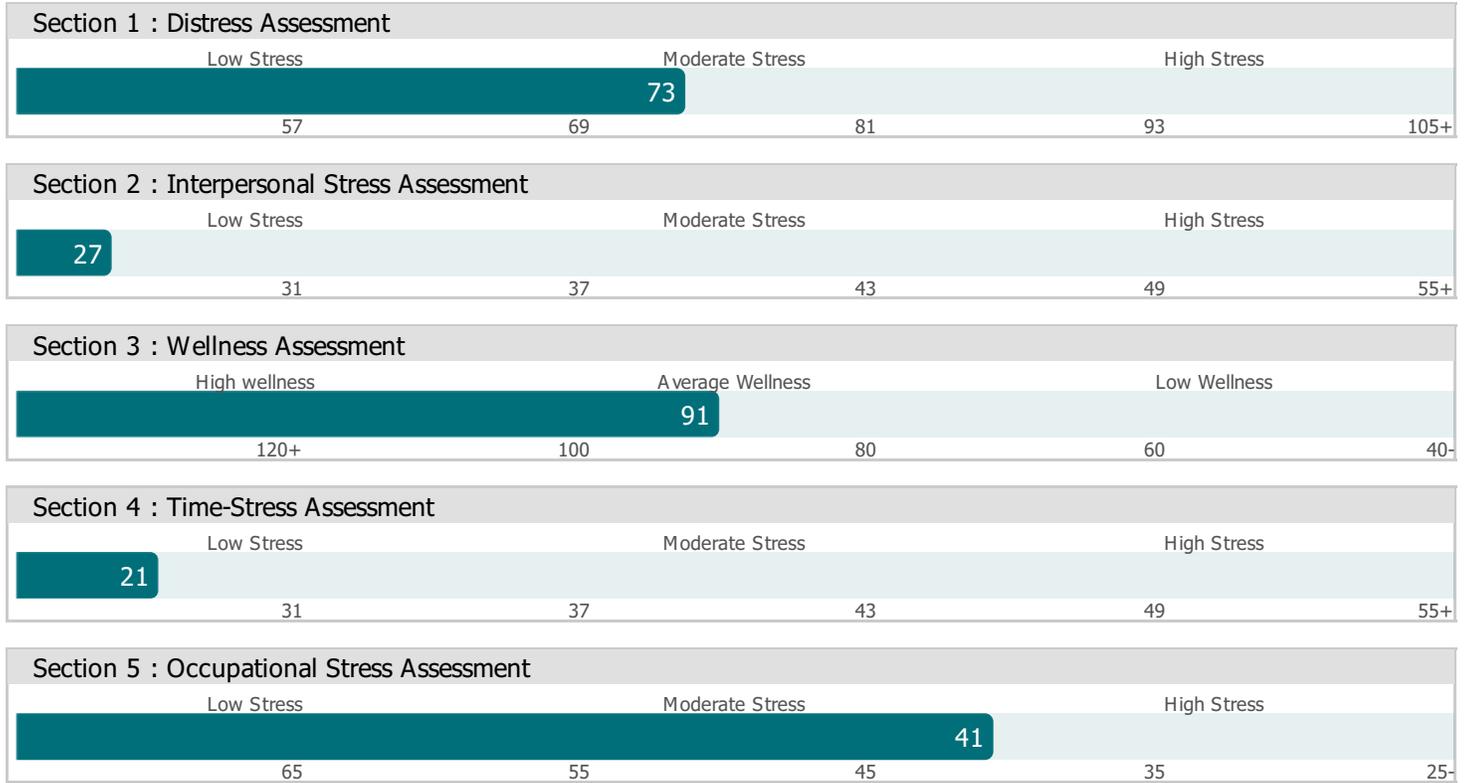
You will also find many of the other CRG assessments can assist you with your strategies to reduce your stress and improve your wellness, especially as you review the interpersonal, time, and occupational sections.

### Special Note:

Although the *Stress Indicator and Health Planner* is well grounded in accepted medical research, the *Stress Indicator* should not be used as a substitute for medical diagnosis and the *Health Planner* should not be used for the self-treatment of any suspected illness. In the case of any suspected illness, you should see your doctor. If you have a concern, you can complete this assessment and take the results to your doctor. This will help you explain in greater detail any conditions you might have.

## Executive Summary

This page gives you an overview of your self-assessment from Part 1, the *Stress Indicator*. Your scores have been inserted into this chart so that you may determine your level of stress and wellness.



## The Health Planner

The *Stress Indicator* provided you with personalized feedback about your stress and lifestyle patterns. This information will guide you in using the *Health Planner*. You will learn how to take better care of yourself and make positive changes for improved health, performance and quality of life.

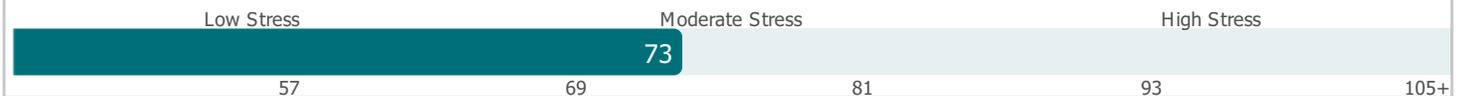
Health can be defined as "being the very best you can be physically, emotionally, mentally, and spiritually."

The following sections will be discussed in the *Health Planner*: Stress Management, Effective Communication, Health Practices, Time Management, and Occupational Stress.

At the end of each section in the *Health Planner*, **New Directions for Growth** workspace will help you plan steps that will move you toward your goals.



### Section 1 : Distress Assessment



#### Physical Symptoms of Distress

1	1. Chest pain or tightness.
3	2. Shortness of breath.
1	3. Indigestion or heartburn.
1	4. Nausea or upset stomach.
4	5. Diarrhea.
1	6. Skin rashes (such as eczema, psoriasis, or hives).
1	7. Constipation.
3	8. Weight changes (gain or loss of more than 5 lbs.).
2	9. Fatigue.
1	10. Colds or flu.
1	11. Abdominal pain.
1	12. Headache.
2	13. Back or neck pain.
3	14. Grinding teeth.
2	15. Allergies.
27	Physical Distress Assessment Score

Psychological Symptoms of Distress	
1	16. Feelings of anxiety or fear.
2	17. Feeling down, depressed, or sad.
2	18. Feeling irritated or angry.
1	19. Feeling worried.
1	20. Feeling used up, with nothing much to give.
1	21. Feeling bored or dissatisfied with most things.
1	22. Feeling life is meaningless and without purpose.
1	23. Feelings of being overwhelmed by it all.
2	24. Feelings of guilt.
1	25. Having thoughts of suicide as a way out.
1	26. Feeling lonely and that no one cares.
1	27. Experiencing disturbing nightmares.
1	28. Feeling out of control.
1	29. Feeling no sense of career or personal direction.
1	30. Feeling hopeless or helpless.
<b>18</b>	<b>Psychological Distress Assessment Score</b>

Behavioral Symptoms of Distress	
1	31. Feeling unusually sad or elated without a reason.
4	32. Appetite changes (eating more or less).
2	33. Use of alcohol.
2	34. Withdrawing from people.
1	35. Use of drugs to help you relax or affect your moods.
2	36. Sleeping more or less than usual.
1	37. Loss of interest in or distracting preoccupation with sex.
2	38. Needing to push yourself to accomplish daily activities.
2	39. Difficulty making decisions.
2	40. Difficulty in concentrating.
1	41. Absence from work.
2	42. Being accident-prone.
1	43. Stuttering or rushing speech.
3	44. Inability to decrease some behaviors (compulsion to overeat or overwork).
2	45. Increase in risk-taking behaviors (speeding, not wearing seatbelt, driving under the influence of alcohol, etc.).
<b>28</b>	<b>Behavioral Assessment Score</b>

## 1. Stress Management

Stress is an important factor in everyday life. In moderate amounts, stress contributes to good health and helps motivate us to meet challenges and to cope effectively with the physical and emotional demands of life. Too much or too little stress, however, can cause physical, emotional and behavioral problems.

*Stress can be either positive or negative, depending on the following three critical factors:*

- Your interpretation of the circumstances.
- The extent of positive support from others.
- Your practice of various lifestyle habits that contribute to good health.

### Your Interpretation

First, how we interpret situations plays a large role in whether or not we become upset in any given circumstance. Our own beliefs or interpretations of events cause us to be anxious, upset, relaxed, or calm. It is possible to re-examine our assumptions and change our beliefs about ourselves or events, to learn more effective ways to cope with stress.

### Some Common Beliefs or Thinking Habits that Contribute to Stress

**"Should" Statements:** Habitually running your life based on what you think others want you to do, rather than being honest with others and true to yourself. For example, "I should always do things perfectly" or "I should always please others by doing what they ask me to do."

**Labeling and Mislabeled:** Using labels to define others, prevents accurate evaluations of people's strengths and weaknesses. Labeling yourself limits your growth and your potential, and makes it difficult to break out of old patterns. For example, "He's a jerk" or "I'm stupid."

**Jumping to Conclusions:** Assuming that you know someone's motive without checking it out, often leads to stress and the desire to distance yourself from others. For example, She must be mad at me when a person looks upset. Her behavior may be due to other reasons.

**All-or-Nothing Thinking:** Giving ultimatums, being closed-minded, and believing there is only one way to do something. For example, "The world must be fair and it is intolerable when there is so much unfairness."

**Personalization:** Seeing yourself as the cause of some external negative event for which, in fact, you are not primarily responsible. For example, "It is all my fault the relationship broke up."

**Disqualifying the Positive:** Rejecting positive experiences by insisting they "don't count." In this way, you maintain a negative belief that is contradicted by everyday experiences. For example, "It must be luck that I did well" or "He didn't really mean that compliment."



### Support From Others

The second important factor in learning about stress is to look at our attitude about accepting support from others. Quite often, people who are depressed or distressed feel so burdened, they do not want to burden others. They also often feel less worthy as individuals and wonder why anyone would want to help them out anyway. Developing long-term, caring, and supportive relationships is a major factor in determining health and providing satisfaction in life. Expressing your needs and wants to the important people in your life is the first step.

## Lifestyle Buffers

The third factor which is very useful in decreasing stress or preventing the accumulation of stress, is developing personalized stress buffers. Listed below are examples of key lifestyle "buffers" that can help you cope with stress and enhance your sense of well-being:

- Regular aerobic exercise
- Deep relaxation
- Good nutrition
- Renewing leisure activities
- Deep breathing exercises
- Music therapy
- Water therapy (swimming, jacuzzi, foot bath)

Medical research has shown that too much stress can effect the onset, treatment or recovery from variety of illnesses and diseases. Experts estimate 60-90 percent of all diseases are related to stress and lifestyle. These include the following:

- Allergies
- Backaches
- Cancer
- Colitis
- Diabetes
- Headaches
- Heart Disease
- High Blood Pressure
- Skin Disorders
- Ulcers

Although some stress is expected as a normal part of life, if you scored an upper "moderate" or "high" rating, it is recommended that you talk to a counselor, health consultant, or physician who specializes in treating stress disorders.

## New Directions for Growth

Using your responses in the **Stress Indicator**, identify the key areas you would like to improve regarding your symptoms and/or stress-level condition.

## Section 2 : Interpersonal Stress Assessment

	Low Stress	Moderate Stress	High Stress
<b>27</b>	31	37	43
			49
			55+

<b>2</b>	46. Difficulty asking for support from family or friends when you need it.
<b>2</b>	47. Feeling resentful toward people because of pleasing them and denying your own needs.
<b>2</b>	48. Difficulty letting people know when you're overwhelmed or too busy.
<b>1</b>	49. Feeling that no one really listens or cares about you.
<b>2</b>	50. Difficulty letting people know they have hurt your feelings.
<b>1</b>	51. Bursting out aggressively or blowing up at someone.
<b>1</b>	52. Feeling compelled to earn others' approval by doing things for them.
<b>2</b>	53. Avoiding conflict, even if it means leaving it unresolved.
<b>1</b>	54. Taking too much responsibility for others' problems.
<b>2</b>	55. Becoming defensive when someone criticizes you.
<b>3</b>	56. Having difficulty expressing your true feelings in relationships.
<b>3</b>	57. Saying Yes when you really want to say No.
<b>2</b>	58. Having difficulty listening to others' points of view.
<b>2</b>	59. Being judgmental or critical of others.
<b>1</b>	60. Receiving little support in relationships with others.
<b>27</b>	Interpersonal Stress Assessment Score

## 2. Effective Communication

Communicating effectively helps us feel good about ourselves and successfully cope with people and conflicts. It takes courage and skills to communicate our feelings and thoughts and maintain respect for ourselves and other people. The result of quality communication is an increase in self-esteem. In addition, good communication skills and attitudes will foster healthy relationships where our deeper needs to love and be loved can be met.

Many times we communicate through our roles instead of expressing our true selves. Many people tend to adhere to a set of beliefs about how they "should" behave or what they "should" say. Eventually they become angry, resentful, and bitter toward others who don't understand their true feelings. Therefore, a central issue and core theme in good communication is being in touch with your actual feelings and thoughts and expressing them respectfully to others. Quite often, since most people have never learned to engage in effective two-way communication, they may find it beneficial to receive assistance from a knowledgeable professional.

There will always be problems and conflicts in the world. You will be able to deal with them more effectively when you have a clear picture of how you feel and what you want to do. The more you take responsibility for your difficulties, feelings, and inner conflicts—and not blame others for your problems or frustrations—the more you will be in touch with your needs and able to communicate them effectively to others. Personal responsibility leads to a major shift in a person's perception of the world—from feeling like a helpless victim to taking decisive action.

Here is an overview of the three different styles of communication.

### I. Assertive Communication

- Mutual Respect
- Awareness of personal rights and responsibilities
- **Message:** "This is what I feel, this is what I think, or this is how I see the situation."

### II. Passive Communication

- No respect for own needs
- Unaware of personal rights and responsibilities
- **Message:** "I do not count; you can do what you want. My feelings are not important; only yours are. My thoughts do not matter; only yours do."

### III. Aggressive Communication

- No respect for others' needs
- Unaware of others' rights and responsibilities
- **Message:** "This is what I think—you are stupid for thinking differently. This is what I want; what you want is not important. This is what I feel; your feelings do not matter."



Everyone has difficulty communicating effectively at times—depending upon our mood and the people with whom we are interacting. If you scored an upper "moderate" or a "high" rating, however, it is recommended that you take a course in interpersonal communication or work with a communications consultant or counselor to establish better communications practices.

### New Directions for Growth

Using your responses from the **Stress Indicator**, identify the key areas you would like to improve in your Interpersonal stress levels.

### Section 3 : Wellness Assessment



#### Nutritional Assessment

3	61. I eat a diet that includes 8+ servings of non-starchy vegetables per day (mostly greens).
2	62. I eat a diet that includes at least 4 servings of fresh fruits and/or berries per day (limit high-fructose fruits like pineapples).
1	63. I eat a diet that includes 2-4 servings of nuts and milled flax seed per day.
2	64. I choose foods that are organic, natural and fresh rather than foods that are quick-fix prepared or GMO (Genetically Modified Organism) foods.
2	65. I eat protein every 3 to 4 hours. Recommended daily amounts are 1-2 grams of protein per kilogram of body weight (e.g., 150 pounds or 68 kilos equals 70-140 grams [2.5 to 5 oz.] of protein per day).
3	66. I avoid processed meats (reasons include additives like high-fructose corn syrup and nitrates). Vegans or vegetarians, score "5," but you must source your 9 essential amino acids elsewhere.
4	67. My grain sources are steel-cut oats, millet, sorghum, wild or brown rice, buckwheat or quinoa.
1	68. I avoid all white (processed) grains, cereals, bread, rolls and buns, as well as white rice.
5	69. I limit my coffee (caffeine) to 4 cups a day.
2	70. I avoid all carbonated soft drinks with either sugar or artificial sweeteners (this includes concentrated 100% pure fruit juices).
1	71. I avoid all gluten-based foods and grains, including whole wheat, barley, spelt and rye.
5	72. I avoid fast foods such as pizza, hamburgers, fries and any deep-fried foods, plus bad fats, including vegetable, canola, soy, sunflower, corn and cottonseed oils plus trans fats like margarine.
2	73. My diet does not include junk food (cookies, cakes, donuts, candy, chips, etc.).
5	74. I take a daily multivitamin/mineral and omega 3 supplements, as needed.
4	75. I drink 6+ glasses (8 oz. each) of pure/filtered water and/or green tea each day.
42	Nutritional Score

Health Assessment	
3	76. I get regular aerobic exercise for 45 minutes, 5 times/week (minimum of 65% of maximum heart rate). OR I do High Intensity Interval Training (HIIT) 2-3 times/week.
3	77. I do weight training and strength or resistant workouts for at least 15-20 minutes, 3 times a week.
1	78. I increase my flexibility by doing stretching exercises for 15 minutes, 2-3 times a week.
4	79. I make time each week for leisure and recreational activities, hobbies and family/friends.
2	80. I practice some type of deep relaxation, meditation or prayer for about 10 minutes each day.
5	81. I have advanced education—trade school and professional training count (beyond high school).
5	82. I embrace "Generativity," meaning I unselfishly give back to my community as a volunteer, mentor, coach, guide or consultant.
1	83. The diameter of my waist is 50% less than my height (e.g., 6' tall = 36" waist or less).
1	84. I know my ideal weight and maintain it within 5 to 10 pounds (2.0 to 4.5 kilos).
5	85. I get 7 to 9 hours of quality, uninterrupted sleep each night.
3	86. I avoid drinking alcohol. Score yourself "1" if you consume more than 4 ounces of alcohol per week.
5	87. I do not smoke cigarettes, a pipe, e-cigarettes or chew tobacco.
5	88. I do not use non-medical drugs (marijuana, crystal meth, cocaine, heroin, etc.).
2	89. I avoid the use of prescription drugs, including statins and opioids. (Note: Long-term side-effects of prescription drugs can be serious.)
4	90. I have an abundance of loving relationships in my life.
49	Health Assessment Score

### 3. Health Practices

According to the World Health Organization (WHO), 90-95% of all illness is lifestyle-related. That means blaming our genetics for our condition doesn't apply. In fact, it's been proven that we can alter how our genes respond based on our mindset, lifestyle and stress levels; this is called epigenetics.

In the longest study on record, Harvard researchers identified the top factors that contributed to mental health, happiness and longevity. Here are some of the findings of the participants:

- They avoided smoking. It's the number-one predictor of early death.
- Avoiding alcohol was the second only to not smoking for longevity, and was seen as the cause of stress and failure of relationships. Alcohol consumption was not the result of stress, but rather the cause of it.
- Participated in regular physical exercise or activity.
- Maintained normal weight, adjusted for height, age and gender.
- Developed coping skills and resilience, the opposite of blaming and acting out, which had serious negative effects.
- Were in healthy, loving relationships.
- Increased levels of education; the more, the better. Pursuing more education led to better habits, healthier lives and increased longevity.
- They were generous in giving their time to serve and help others.

#### Nutrition

There has never been more information or confusion on how and what to eat. Yet the controversy of how to eat rages on; if we had 10 experts in the room, there would be 12 opinions on what and how to eat. This includes most medical doctors, who receive fewer than two weeks of training on nutrition.

Every day, research reveals new findings. We encourage you to seek up-to-date information from medical research, publications, the Internet and other sources.

**Weight Control:** Achieve and maintain your ideal body weight through exercise and a balanced diet. Obesity has become an epidemic in the developed world and is now present in the developing world. Being overweight is a major risk factor for high blood pressure, diabetes, heart disease, stroke, fatty liver disease, dementia and cancer, to name just a few. Please note that not all calories are equal, and eating less and working out more has not worked as a weight loss recommendation for the past 50 years.

**Avoid Simple Carbohydrates:** Over 20,000 processed food are invented each year and most are highly refined carbohydrates. Avoiding sugar—all white flour products, crackers, candies, white rice, pastries—is significantly beneficial to your health. These foods tend to have a high Glycemic Index (GI). GI is the rate of digestion of how quickly a food breaks down in your system. The faster the breakdown, the higher the GI. The slower the breakdown, the lower the GI. The index ranges from 0 to 100. Simple or processed carbohydrates with high GIs can cause broad swings in your blood sugar levels, which influence weight gain or loss and overall health, and is the main cause of diabetes. If you want to lose weight, a meal plan with fewer than 50 grams of net carbs per day is a general target (net carbs = carbs minus fiber).

**Avoid Gluten Grains and Products:** There is much debate about gluten, but research has linked many negative effects it can have on your body, including inflammation of joints and organs and harmful interference in brain function. Choose gluten-free grains with a low GI. (Note: Gluten-free does not necessarily mean healthy. Many gluten-free products are high in refined carbohydrates and GIs. Please check your labels.)

**Avoid Junk Food:** Avoid potato chips, cookies, taco chips, sweetened snack foods and other packaged munchies as well as sugared soft drinks and beverages, including all artificially sweetened drinks and snacks, high-fructose corn syrup and other sugar concentrations. This includes concentrated fruit juices. If you need a sweetener, use something natural like stevia.

**Fats:** Contrary to the recommendations of the past 50 years, fat is not your enemy. However, there are good and bad fats, and you need to pay attention to which fats you are consuming. Good fats include extra virgin olive oil, avocados and butter. Avoid fried foods and all vegetable, canola, soy, sunflower and corn oils plus trans fats like margarine. There are several Omega 6 fat sources that become oxidized (toxic) if overheated, so do your research on this list.

There is also a critical fat ratio for optimum health that is a 1 to 1 or a maximum 4 to 1 ratio of Omega 6 fats to Omega 3 fats. (Note: Some North-America diets are as high as 25 to 1 ration of Omega 6 to 3, which is extremely unhealthy.)

**Limit or Avoid Alcohol:** Alcohol is linked to the permanent damage of brain cells. Limit your alcohol intake to a maximum of two drinks per week (4 ounces or less). We recommend you avoid it altogether if you want to optimize your health. Alcohol can also increase the risk of high blood pressure, liver failure, dementia and heart disease.

**Avoid Quick-Fix Prepared Foods and Fast Foods:** It's so easy to take a pizza from the freezer and throw it into the oven, or pop a premade dinner into the microwave. For increased shelf life, many prepared foods are heavy in saturated fats, sodium or other additives. (Note: Some additives can increase your hunger cravings and causes weight gain; other additives [there are 10,000+!]) are found to be toxic to the body.

**Avoid GMO Foods:** There's more evidence that these are harmful to your body and system. One reason is the creation of RoundUp-ready crops that are sprayed at harvesting with Glyphosate. In a recent Canadian study, every single breakfast cereal tested had traces of this cancer-causing chemical.

**Increase Your Fruit and Vegetable Intake:** The majority of your diet should be non-starchy vegetables. Eat vegetables with each meal and as snacks. Add a salad instead of fries to your meals. Replace cakes and sugary desserts with portions of fruit or berries. To avoid toxic chemicals, buy certified organic produce or grow your own.

**Increase Fiber-Containing Foods:** A diet high in gluten-free whole grains, brown rice, beans, flax, fruits and vegetables helps protect against cancer, heart disease and autoimmune disorders. Men require about 35 grams and women about 25 grams of fiber daily.

**Moderate Coffee and Caffeine Intake:** Too much caffeine can adversely affect and alter your adrenaline levels. New research puts the limit to four cups of coffee per day. Coffee has been proven to have positive health effects if consumed in moderation.

**Meats and Fish:** Many nutritionists recommend that meat be avoided entirely. If you are vegan, please ensure you are getting your required essential amino acids. Be more discerning by choosing grass-fed beef, organic chicken or lamb. Choose wild-caught fish, not farmed, and be aware of the potential of toxic chemical loads in various shellfish. Too much protein can be harmful, so moderate levels are best.

**Clear Water:** A filtered water source is important to your long-term health. Many municipal systems add chlorine and fluoride, both of which you want to avoid. Consider installing a counter top or entire home carbon-based water filtration system.

**Consider Taking Natural Supplements:** Stress and pollution deplete your body of its micronutrients. Also, many of today's foods have a much lower nutrient density than they did 100 years ago. To counter the effects, consider taking quality vitamin supplements. All nutritional supplements are not the same, so do your homework and avoid any synthetic sources. Select a reputable brand with proven absorption levels.

## Special Note:

We encourage you to select and work with health practitioners who have a holistic approach to your wellness and stress prevention. These professionals are called Functional Medicine Practitioners. Drugs can be helpful, but are not a cure—just as painkillers can relieve your headache, but do not address its root cause. Keep this in mind as you seek help from health professionals and as you develop your health plan.

### New Directions for Growth

Using your responses from the Stress Indicator and Health Planner, identify the key areas you would like to improve in your Nutritional Health levels.

## Health Behaviors

**Aerobic Exercise** : The term “aerobic” literally means “activity with air.” To function, the muscles require oxygen; their need for oxygen increases when your body is engaged in steady movement. Aerobic exercise refers to any type of activity in which the heart rate is elevated above the resting heart rate level in response to sustained movement. Examples of aerobic exercise are brisk walking, jogging, swimming, aerobic dance, cycling and cross-country skiing.

- The benefits of aerobic exercise are an excellent way to stay fit and healthy
- It helps build strong, healthy bones (to help prevent osteoporosis)
- It enhances self-esteem through the production of endorphins
- It increases energy for daily living
- It decreases blood pressure
- It encourages more efficient use of blood sugar
- It helps control physical and emotional stress
- It helps relieve depression and anxiety



### Regular Aerobic Exercise Guidelines:

- 3-5 times per week
- 60-90% of maximum heart rate (if you don't know your maximum heart rate, discuss it with a health consultant or physician)
- 30-45 minutes per session, for a total of 2-3 hours per week

### High Intensity Interval Training (HIIT):

- 2-3 times per week
- Maximum output (100% of your capability)
- Interval options vary
  - Tabata protocol: 20 seconds output, then 10 seconds rest, 8 reps
  - Mercola protocol: 30 seconds output, then 90 seconds rest, 8 reps
  - General option is 1:1 full capacity to rest, or 1:2 if you are a beginner, with 8 reps

Note: HIIT is not appropriate for everyone, and you should never attempt to do the full 8 sets if this is new to you. Please consult your doctor before beginning such an intense workout program.

**Sleep:** The developed world now suffers from sleep deprivation. Anybody who says they can get by with less than 6 hours sleep has not reviewed the research. We all need at least 7 (but a recommended 8) hours of quality sleep. The use of blue light electronics, like our phones and TV late at night, interrupts our sleep patterns. Weight loss, cognitive functioning, immunity levels and overall well-being are highly affected by our sleep patterns.

**Lifestyle Exercise** : Another target number to achieve is 10,000 steps or more per day. Devices like Fitbit and smartphones can track your activity levels. Our bodies need to move, and sitting all day is detrimental to our health.

To sustain your commitment to exercise, you must ensure exercise fits into your interests, motivation or whatever you define as enjoyable. Some individuals are more likely to commit to exercise when others are involved, such as team sports or partner-based activities. Team sports include volleyball, basketball, soccer and hockey. Partner-based activities include tennis, squash, racquetball, golf (only when walking the links; power carts don't count!) and martial arts. Other individuals prefer to hike or bike alone. What you do doesn't matter, as long as you do something! Even dancing, when continuous, meets the exercise criteria. If you include a friend or significant other in your activity, you can address your life balance and your relationship, while you improve your overall fitness and your wellness levels.

**Strength Training** : Research is revealing the importance of strength training as part of your desired health behaviors (2-3 times per week for about 20-30 minutes). Strength training helps a person maintain muscle and bone mass. There are several options and the “low and slow” protocol can work for anybody just starting. This protocol involves lower weights while you do your reps slowly and more of them (up to 20) in both directions—concentric/eccentric movements. With this approach, you are less likely to have an injury. As we get older, muscle and bone mass will diminish; without strength training, our overall body mass will actually shrink and atrophy.

**Smoking** : Smoking is the number-one factor that will shorten your life. All forms, including e-cigarettes, are included in this research. If you smoke, please do all that you can to make this the top priority to remove this from your lifestyle.

**Electromagnetic Fields (EMF)**: EMF is one of the new factors negatively affecting our health. EMF is produced or present in all Wi-Fi connections, power lines, cell phones, light bulbs, microwaves ovens, etc. It has now been confirmed that EMF interferes with mitochondria cell functions and can contribute to childhood cancers, depression, chronic fatigue and other health conditions. Never hold your cell phone to your ear; use the speaker phone or ear buds, but not Bluetooth pods, as they also produce EMF. Turn off your Wi-Fi at night and don’t sleep with your phone next to you at your bed. If you do, turn on “airplane” mode.

Recommended Resources:

- *The Calorie Myth*, Jonathan Bailor
- *The Autoimmune Fix*, Dr. Tom O’Bryan
- *Change Your Brain, Change Your Life*, Daniel G. Amen, MD
- *The Adrenal Reset Diet*, Alan Christianson, MD
- *Grain Brain*, David Perlmutter, MD
- *Fat for Fuel*, Dr. Joseph Mercola
- *Keto Zone Diet*, Dr. Don Colbert
  
- [www.sanesolution.com](http://www.sanesolution.com)
- [www.amenclinics.com](http://www.amenclinics.com)
- [www.thedr.com](http://www.thedr.com)
- [www.drcolbert.com](http://www.drcolbert.com)
- [www.drhyman.com](http://www.drhyman.com)
- [www.perlmutter.com](http://www.perlmutter.com)
- [www.drgundry.com](http://www.drgundry.com)
- [www.nutritionalfacts.com](http://www.nutritionalfacts.com)
- [www.greenmedinfo.com](http://www.greenmedinfo.com)
- [www.mercola.com](http://www.mercola.com)
- [www.drfulhrman.com](http://www.drfulhrman.com)

## Special Note:

If you have any risk factors for heart disease—such as smoking, high blood pressure, being overweight or obesity—it is strongly recommended that you see your physician or a fitness consultant before starting an exercise program. A treadmill stress-test might be recommended.

## New Directions for Growth

Using your responses from the **Stress Indicator**, identify the key areas you would like to improve in your Health Practices.

## Section 4 : Time-Stress Assessment

	Low Stress	Moderate Stress	High Stress
<b>21</b>	31	37	43
			49
			55+

<b>1</b>	91. I never seem to find enough alone time.
<b>1</b>	92. I feel pulled in many directions by the needs and expectations of others.
<b>2</b>	93. I have difficulty separating home and work.
<b>1</b>	94. I find it difficult to find time with family and friends.
<b>1</b>	95. I rush even when it is not necessary.
<b>1</b>	96. I feel overwhelmed by large tasks and projects.
<b>2</b>	97. I feel disorganized and have difficulty setting priorities.
<b>2</b>	98. I tend to please others too often and don't do what I want or need to do.
<b>3</b>	99. I have difficulty delegating to others or asking for help.
<b>2</b>	100. Distractions and interruptions keep me from accomplishing my goals.
<b>1</b>	101. I spend too much time on tasks because of my perfectionist tendencies.
<b>1</b>	102. I am overloaded by too many projects.
<b>1</b>	103. I am overwhelmed by demands on my time and energy.
<b>1</b>	104. I have little control over my time because I have so many obligations.
<b>1</b>	105. I have difficulty taking time for myself.
<b>21</b>	Time-Stress Assessment Score

## 4. Time/Self-Management

Most people feel they do not have enough time to do everything they want or need to do. Without realizing it, they feel helpless and out of control with respect to managing their time.

Gaining **inner** control over your time and your life will move you in the direction of meaningful goals and will allow you a greater sense of spontaneity and flexibility. Time management is really self-management; it is learning how to manage yourself with respect to time so that you replace less important goals and activities with more important ones. Technically, people cannot and do not manage time; they can only manage the activities, priorities, and choices that fill their time. The way that some people successfully frame their time and choices distinguishes them from those who do not.

### *Suggestions for Improvement*

- Establish your core values and make choices based on those values. CRG's *Values Preference Indicator* can assist you in this process.
- List your long- and short-term goals.
- Prioritize your goals by comparing them to your core values and your long- and short-term objectives.
- Create your activity list. Include all important items.
- If an activity will take less than 2 to 3 minutes, do it right now. There is no benefit in putting it on a to-do list.
- Learn to say No to lesser priorities and to other people.
- If something has been on your to-do list forever, ask yourself if it really should be there. Do it now or get it off your list.
- Document your activities in writing, starting with the most important. Often, more time is expended in *thinking* about what you are going to do than in actually *doing* it.
- Learn to delegate tasks to others, even if you have to pay others for their time.



Do related tasks in a "cluster." For example, make telephone calls for a period of 30 minutes; schedule an hour for your letter-writing tasks; meet with your clients in the afternoon, etc. The structuring of time **by task** as well as **by priority** is very effective for most people.

Many time-management systems are available in the marketplace; each wants to teach you that its way is best. We suggest that each individual is unique; the way you manage time-related stress and pressure is best based on what works for you. The ideal solution for you might be a combination of several strategies. Again, in the end, your approach must work for you.

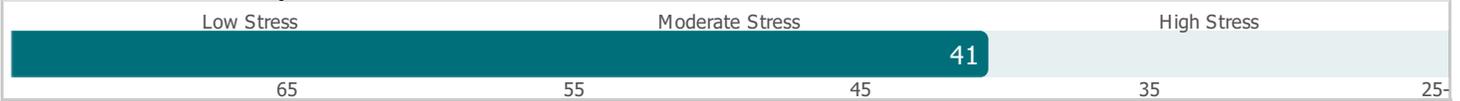
**Learn Relaxation Skills:** Relaxation can help with time stress. It helps you clear your mind and better prepare yourself for the activities ahead. Thinking is more difficult to do when you feel overwhelmed. Learning to practice relaxation can reduce the negative physical and emotional effects of too much stress.

Relaxation techniques produce a state that is opposite to the stress response and helps the body release chronic stress. Techniques include progressive muscle relaxation, biofeedback, guided imagery, meditation, and autogenic training. Learning relaxation techniques can be helpful in decreasing anxiety and tension and in lowering blood pressure. Find 10 to 15 minutes each day for a relaxation and/or stretching exercise and you'll begin to feel the difference. In addition, doing deep breathing exercises throughout the day is effective in relaxing the body and mind.

### **New Directions for Growth**

Using your responses from the **Stress Indicator**, identify the key areas you would like to improve in your Time-Related stress.

## Section 5 : Occupational Stress Assessment



3	106. I feel supported by my supervisor/manager (for entrepreneurs--family, peers, and friends).
2	107. I feel my work/business is challenging and offers me the opportunity for advancement and growth.
3	108. When my responsibilities at home conflict with my job/business, a solution is easy to find.
4	109. I love my job, responsibilities and/or business and there is no other career/business I would rather be doing.
1	110. I rarely find myself working late and taking work home because of too much to do.
3	111. My co-workers (employees, friends, or family) respect me as a competent individual.
2	112. I find healthy ways to cope with excessive job stress.
4	113. My physical work environment is enjoyable to me.
4	114. I am sure about what is expected of me in my job or what I have to do in my business to succeed.
3	115. Those with whom I work or conduct business have similar goals and values to mine.
3	116. I feel liked and valued by my co-workers (employees or peers).
1	117. I feel I receive adequate recognition and reward for the work I do.
2	118. I enjoy the lifestyle (days and hours) my work or business requires or provides.
1	119. I am paid/earn enough for what I do.
5	120. I have the required skills, training, and competencies to successfully fulfill my role and responsibilities.
41	Occupational Stress Assessment Score

## 5. Occupational Stress

Many aspects of the work/business setting contribute to stress: environmental, structural, job, work and business responsibilities, and interpersonal. In addition, the latest research reveals that 70 to 80 percent of individuals dislike their jobs—their responses range from mild irritation all the way to loathing. In fact, only 10 percent of the population is passionate about their career or work. All this can add up to a lot of stress for individuals in the workplace or in business.

Here are some strategies and ideas to consider to reduce your occupational stress.

- First be clear about the type of roles and responsibilities that you not only enjoy and find fulfilling, but those where you do—or could—excel.
- Make sure the nature of the work/business you are doing matches your preferred work style or behaviors. The *Personal Style Indicator* and *Job Style Indicator* are very powerful resources that can help you. If you own your own business or if you are in sales, consider completing the *Entrepreneurial Style and Success Indicator* or the *Sales Style Indicator*, respectively.
- To proactively deal with stress-related issues, apply all the other stress and health techniques previously mentioned in this *Health Planner* to your work/business situation.
- Sometimes, a minor change can result in a major improvement. Shifting work/role priorities and taking on others, for which you are better suited, can make a big difference in your health.
- Ask or request support where appropriate and possible. Having competent team members and delegating tasks are important to this process.
- Put the big rocks—family and important relationships—into your schedule first, before work or business obligations take away all your time.
- Be real about how you are contributing to your own stress levels by the way you react or respond to work-related activities.
- Learn to take care of yourself in the work/business environment.
- Before we can realize true fulfillment in life and work, we must be clear about our passions, talents, purpose, and calling. Without it, there will always be occupational stress. Ken's book, [The Quest For Purpose](http://www.thequestforpurpose.ca) (<http://www.thequestforpurpose.ca>), A Self-Discovery Process to Find It and Live It! provides you with a step-by-step roadmap so you can know your true calling in life, while assisting you to realize your potential.

### New Directions for Growth

Using your responses from the **Stress Indicator**, identify the key areas you would like to improve in your Occupational stress.



## Health Planner: Your Reasons to Improve

- If you are completely satisfied with your Stress and Wellness level, we congratulate you. You are part of the minority.
- If you are part of the majority of individuals who want to improve their overall wellness, please take a moment to respond to the two questions on this page.

Change is never easy, especially if a person has not taken the time to identify or document the reasons and/or benefits of change. Many have set goals or new directions for their health but they don't stay on the course. Why? They forgot to confirm the reasons and/or benefits to themselves.

Why is it important to you (if it is) to improve your overall level of wellness and health?

If you are successful in implementing your new wellness plan, what do you see as the key benefits to you?



## Designing Your Plan to Increase Your Overall Health and Wellness Levels

The outline below provides you with an opportunity to briefly summarize what you have learned about yourself through the *Stress Indicator and Health Planner*. Enter your responses in the sections below:

What are your top three areas of concern or improvement in each of the five sections?	What action steps do you plan to take to achieve success in those areas?
<b>Section 1</b> Personal Distress Opportunities for Improvement <input data-bbox="115 516 802 636" type="text"/>	Specific Action Steps <input data-bbox="837 516 1524 636" type="text"/>
<b>Section 2</b> Interpersonal Stress Opportunities for Improvement <input data-bbox="115 737 802 856" type="text"/>	Specific Action Steps <input data-bbox="837 737 1524 856" type="text"/>
<b>Section 3</b> Wellness Levels Opportunities for Improvement <input data-bbox="115 957 802 1077" type="text"/>	Specific Action Steps <input data-bbox="837 957 1524 1077" type="text"/>
<b>Section 4</b> Time-Stress Opportunities for Improvement <input data-bbox="115 1178 802 1297" type="text"/>	Specific Action Steps <input data-bbox="837 1178 1524 1297" type="text"/>
<b>Section 5</b> Occupational Stress Opportunities for Improvement <input data-bbox="115 1398 802 1518" type="text"/>	Specific Action Steps <input data-bbox="837 1398 1524 1518" type="text"/>