

# STRESS EVALUATION

PATIENT: \_\_\_\_\_ DATE: \_\_\_\_\_

The following three areas of stress can cause a misaligned vertebra (subluxation). Do you recognize any of these stresses? Please circle when you experienced these stresses: C (child), T (teenager), A (adult), or N (not at all).

## I. Physical Stress:

|                                     | C | T | A | N | EXPLAIN |
|-------------------------------------|---|---|---|---|---------|
| Birth Traumas (as mother or child)  | C | T | A | N | _____   |
| Slips/Falls                         | C | T | A | N | _____   |
| Car Accidents                       | C | T | A | N | _____   |
| Sports Injuries                     | C | T | A | N | _____   |
| Physical Abuse                      | C | T | A | N | _____   |
| Work Injuries                       | C | T | A | N | _____   |
| Poor Posture                        | C | T | A | N | _____   |
| Sitting on your wallet for years    | C | T | A | N | _____   |
| Sleeping Position – Stomach         | C | T | A | N | _____   |
| Extensive Computer Work             | C | T | A | N | _____   |
| Carrying Heavy Purse/Book-bag/Child | C | T | A | N | _____   |
| Repetitive Lifting/Bending          | C | T | A | N | _____   |
| Driving for Many Hours              | C | T | A | N | _____   |
| Continuous Hours Sitting/Standing   | C | T | A | N | _____   |
| Bone Fracture/Surgery               | C | T | A | N | _____   |

## II. Emotional Stress

|                               |   |   |   |   |       |
|-------------------------------|---|---|---|---|-------|
| Relationships                 | C | T | A | N | _____ |
| Career                        | C | T | A | N | _____ |
| Children                      | C | T | A | N | _____ |
| Money                         | C | T | A | N | _____ |
| Fast-Paced Life               | C | T | A | N | _____ |
| Hold in Feelings              | C | T | A | N | _____ |
| Quick Tempered                | C | T | A | N | _____ |
| Verbal Abuse                  | C | T | A | N | _____ |
| Perfectionist                 | C | T | A | N | _____ |
| Procrastinator                | C | T | A | N | _____ |
| Sickness or Loss of Loved One | C | T | A | N | _____ |

## III. Chemical Stress

|  |   |   |   |   |       |
|--|---|---|---|---|-------|
| Environment (i.e. pollution)                         | C | T | A | N | _____ |
| Smoker – Amount?                                     | C | T | A | N | _____ |
| Second-hand Smoke                                    | C | T | A | N | _____ |
| Poor Diet  | C | T | A | N | _____ |
| Caffeine – Amount?                                   | C | T | A | N | _____ |
| Excessive Sugar                                      | C | T | A | N | _____ |
| Artificial Sweeteners                                | C | T | A | N | _____ |
| Prescription Drugs                                   | C | T | A | N | _____ |
| Over-The-Counter Drugs<br>(Example: Tylenol; Motrin) | C | T | A | N | _____ |

## IV What do you feel is your primary stress?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_