



SELF-ASSESSMENT

How Stressed Are You?

This guide is designed to help you assess your overall level of stress and make a plan to improve self-care and live life with more ease.

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Introduction

I believe that the root of most health (both mental and physical) issues stem from one thing: stress.

I know from my own experience and having the privilege of working with others, that many of us are so. dang. stressed. And there are many ways we contribute to our stress without even realizing it.

Too much stress keeps us from reaching our goals, maintaining healthy relationships, and having true life satisfaction.

But it doesn't have to be this way! I believe we can access our power within to reduce stress and experience freedom, ease, energy, and joy in our lives.

With love,

Erin



What is Stress?

Stress comes in many different forms. I like to categorize health into six categories: physical, mental, emotional, social/relational, sexual, and spiritual. (We'll go into more detail with these later). These categories also describe the forms of stress we experience.

I like to think of our health as a bank account. We want to make sure we're making enough and saving enough to meet life's demands.

We add to our bank accounts when we get a good night's sleep, eat lots of nutrient-dense foods, nurture healthy relationships, and spend time doing things we enjoy. We spend from our accounts (experience stress) when we go through a break-up, drink alcohol, stay up late, catch a cold, give birth, go to work, and have unresolved trauma.

When our spending exceeds our funds, we start to experience negative health outcomes. Life stressors can be downright negative: abuse, car accident, an eating disorder. But they can also be normal things like doing daily tasks, and also really good things, like being a new parent.

Some stressors we may choose to completely uproot and eliminate because they do not serve us. Other stressors we may accept and welcome, while also making sure we are nourishing ourselves enough to be able to afford them.



So I'm Stressed, Now What?

The following pages will guide you through a process to reduce stress and improve health outcomes.

This process includes:

- 1) Defining what health looks and feels like to you
- 2) Rating your current health in each of the six categories
- 3) Identifying your stressors
- 4) Setting goals to reduce stress

This guide is meant to help you connect to your own inner wisdom to assess and make changes in a way that's best for you - and only you can do this!

Take your time, and come back to this process as many times as you'd like.

Defining Health

PHYSICAL HEALTH

I define physical health as everything in my body functioning as it's designed to. Regular menstrual cycle (if applicable) with little symptoms, regular bowel movements, having energy, sleeping well, and absence of any negative physical health symptoms.

MENTAL HEALTH

I define mental health as having a clear mind, able to focus and shift attention from one thing to another, and having a generally positive/kind inner dialogue. If I'm dealing with a lot of negative self-talk or find myself worrying a lot, I know my mental health needs some support.

EMOTIONAL HEALTH

I define emotional health as being able to identify, feel, and process emotions with oneself and trusted others; good emotional health means experiencing a good mood most of the time.

SOCIAL/RELATIONAL HEALTH

I define social health as having positive relationships, community, and sense of belonging. Where there is discrimination, judgement, shaming, abuse, or manipulation, there is social/relational illness.

SEXUAL HEALTH

I define sexual health as being comfortable with one's own sexuality and having knowledge about sex and sexuality; it's communicating and respecting consent and non-consent; it's making educated and empowered choices.

SPIRITUAL HEALTH

I define spiritual health as having a sense of hope and purpose, and feeling at peace within oneself, and feeling safe with and connected to oneself.

Journal: how do you define each of the six categories of health?

Health Assessment

Based on your definitions of health, rate your level of health in each category. (1 = very low, 10 = very high)

PHYSICAL HEALTH

1 2 3 4 5 6 7 8 9 10

MENTAL HEALTH

1 2 3 4 5 6 7 8 9 10

EMOTIONAL HEALTH

1 2 3 4 5 6 7 8 9 10

SOCIAL/RELATIONAL HEALTH

1 2 3 4 5 6 7 8 9 10

SEXUAL HEALTH

1 2 3 4 5 6 7 8 9 10

SPIRITUAL HEALTH

1 2 3 4 5 6 7 8 9 10

Stress Assessment

List all sources of stress in the following categories. Next, consider changes you're willing to make to reduce stress in each area.

PHYSICAL STRESS

- ▶
- ▶
- ▶
- ▶

Physical Stress

over-exercising,
under-eating,
nutrient
deficiencies, illness,
drinking, smoking,
lack of sleep,
medical issues, etc.

GOALS FOR MY PHYSICAL HEALTH

- ▶
- ▶

MENTAL STRESS

- ▶
- ▶
- ▶
- ▶

Mental Stress

work, school, taking
in lots of new
information,
negative self-talk,
worrisome
thoughts, etc.

GOALS FOR MY MENTAL HEALTH

- ▶
- ▶

List all sources of stress in the following categories. Next, consider changes you're willing to make to reduce stress in each area.

EMOTIONAL STRESS

- ▶
- ▶
- ▶
- ▶

Emotional Stress

unresolved trauma, grief/loss, vicarious trauma, regularly extending lots of empathy/compassion, consuming news/tv that is emotionally draining, etc.

GOALS FOR MY EMOTIONAL HEALTH

- ▶
- ▶

SOCIAL/RELATIONAL STRESS

- ▶
- ▶
- ▶
- ▶

Social Stress

toxic relationships, relational difficulties, lack of safe relationships, not having a sense of belonging, break-ups, conflicts, etc.

GOALS FOR MY SOCIAL/RELATIONAL HEALTH

- ▶
- ▶

List all sources of stress in the following categories. Next, consider changes you're willing to make to reduce stress in each area.

SEXUAL STRESS

- ▶
- ▶
- ▶
- ▶

Sexual Stress
discomfort around sexual orientation, gender identity, or your sexuality in general; sexual assault; lack of sex ed; consent issues; STD/STIs; sex-based discrimination; other sexual issues; etc.

GOALS FOR MY SEXUAL HEALTH

- ▶
- ▶

SPIRITUAL STRESS

- ▶
- ▶
- ▶
- ▶

Spiritual Stress
fear of death, discomfort with uncertainty, lack of hope, questioning long-held beliefs for the first time, shame/doubt, spiritual abuse, etc.

GOALS FOR MY SPIRITUAL HEALTH

- ▶
- ▶



Practicing Self-Compassion

As you assess your health, identify sources of stress, and work to make changes to improve your well-being, please remember to be kind to yourself.

Our bodies are always working for our good. There are always reasons we act, think, and believe the way we do, involving things much bigger than ourselves. We're all doing the best we can.

Self-criticism and self-contempt will keep us stuck. Self-compassion nudges us on toward growth and health.

Trust the process.

If this guide brought up difficult feelings or you feel yourself getting stuck, you may want to consider working with a professional to support you on your journey toward improved well-being.



WANT TO GO DEEPER?

Work with me!

Our lives are busy and us humans are wildly complex. Deciding to prioritize your health may include finding a professional to support you.

I work with individuals to set goals, process unresolved trauma, improve their relationships with their bodies, and form new habits and beliefs in order to live with more freedom and ease.



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SOCIAL

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