



Zoe Life Healing

Stress Less for Health

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@ZOELIFEHEALING
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ENCOURAGE and provide WISDOM to EMPOWER you to de-stress for better sleep, weight loss, more energy, mental clarity, reduce inflammation, improve nutritional absorption, combat chemical stress and reduce financial stress.

STRESS CHECKLIST

Check all of the stress symptoms you have noticed lately in yourself.

PHYSICAL

- appetite change
- headaches
- tension
- fatigue
- insomnia
- food cravings
- poor diet choices
- take supplements

(which ones _____

 _____)
 _____)

- weight change
- (gain OR loss)
- colds
- muscle aches
- digestive upsets
- pounding heart
- accident prone
- teeth grinding
- rash
- restlessness
- foot-tapping
- finger - drumming
- increased alcohol, drug, tobacco use
- skip meals
- yo-yo dieting
- food sensitivities
- special diet

(what _____
 _____)

___ Total Physical

EMOTIONAL

- anxiety
- frustration
- the "blues"
- mood swings
- bad temper
- nightmares
- crying spells
- irritability
- "no one cares"
- depression
- nervous laugh
- worrying
- easily discouraged
- little joy

___ Total Emotional

SPIRITUAL

- emptiness
- loss of meaning
- doubt
- unforgiving
- martyrdom
- looking for magic
- loss of direction
- needing to "prove" self
- cynicism
- apathy

___ Total Spiritual

RELATIONAL

- isolation
- intolerance
- resentment
- Loneliness
- lashing out
- hiding
- clamming up
- lowered sex drive
- nagging
- distrust
- fewer contact with friends
- lack of intimacy
- using people

___ Total Relational

MENTAL

- forgetfulness
- dull senses
- poor concentration
- confusion
- lethargy
- whirling mind
- no new ideas
- boredom
- spacing out
- negative self-talk

___ Total Mental

Stress!
Health

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CHEMICAL

- Use plastic food containers
- drink unfiltered water
- cook with non-stick cookware
- use paper towels
- have cans in your pantry
- buy organic
- use air fresheners
- use a shower poof
- use a plastic shower curtain
- use perfume / aftershave
- use dryer sheets
- use bleach
- use fabric softener
- use pesticides
- use glass cleaner
- use sprays to kill ants, bugs
- use furniture polish
- smoke

Total Chemical

FINANCIAL

- dread birthdays and holidays
- more month than paycheque
- tax time stress
- need a second or third job
- no savings
- live pay cheque to pay cheque
- how to save for education, training
- how to save for unexpected expenses

Total Financial

SOCIAL

- stay home
- go into crowds
- go to networking events
- go to movies
- go to other people's houses
- birthday celebrations
- holiday gatherings
- potlucks
- go out at night
- go out before others are out

Total Social

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Next Steps

1) Scan your completed Stress Checklist and email to kathleen@zoelifehealing.com

2) Email or Call / Text

Kathleen at 250-826-2641

to set up a free 15 minute consultation and discuss your personal Stress Checklist Totals

3) Book a Wellness Planning Session to work toward your personal Stress-Life Balance