

Stress Survey

The Primary system in the body which coordinates health & wellbeing is the NERVE SYSTEM.
PHYSICAL, EMOTIONAL, & CHEMICAL STRESS CAN CAUSE VERTEBRAL SPINAL SUBLUXATIONS

Do you feel you have an excessive amount of stress in your life? Yes / No
Do you feel you can easily handle the stress in your life? Yes / No
How much stress does each of the following cause on a daily basis ? (Rate 1~10)
Health ___ Family ___ Work ___ Social ___ Finances ___ Environmental ___ Other ___
Do you use relaxation techniques? Yes / No How often? _____
Meditation ___ Breathing ___ Thai Chi ___ Yoga ___ Prayer ___ Counseling ___ Other _____

Rate any of the following you have experienced in the past 12 months

Least- 1 2 3 4 5 6 7 8 9 10 -Most

___ Neck Pain / Stiff Neck	___ Low Back Pain / Stiff Back
___ Tension / Migraine Headaches	___ Numbness / Tingling in legs or feet
___ Nervousness / Anxiety	___ Hip Pain / Left / Right
___ Depression	___ Knee / Foot Problems / Left / Right
___ Dizziness	___ Digestive Problems / Food Allergies
___ Sinus Troubles / Allergies	___ Constipation / Diarrhea
___ Ringing in the Ears	___ Mid Back Pain / Stiffness in back
___ High Blood Pressure	___ Tension across top of shoulders
___ Difficulty Sleeping	___ Shoulder problems / Left / Right
___ Tired / Fatigued	___ Numbness / Tingling in arms or hands
___ Jaw Pain / Clicking	___ Spinal curve / Scolosis / Poor Posture
___ Ear Pain / Hearing loss	___ Shortness of Breath / Asthma
___ ADHD / Dyslexia	___ Menstrual problems
___ Neurodivergent / Autistic Spectrum	___ Pregnancy difficulties
___ Memory Trouble	___ Diabetes
___ PTSD Post Traumatic Stress / Recent / Years Ago	___ Frequent Urination / Bed Wetting
___ Auto Accident / Fall / Injury	___ Weight Trouble (loss / gain)
___ Addictions / Smoking / Alcohol / Other	___ Physically Demanding Job
___ Taking care of unwell family member	___ Chemical Exposure / Job / Home / Work
___ Athletically Active / Intensively Train / Injury /	___ Mold Exposure

Research shows that your spine should be checked regularly. A properly functioning nervous system has the potential to adapt and overcome stress.

Name: _____ Date: _____ Phone _____

Do you have a family member or friend with any of the above conditions that we may help? Y / N