

# SIGNS OF BODY BURDEN

*Stress doesn't always show up as "feeling stressed." It often shows up as body signals. Check off each symptom you experience regularly (at least weekly).*

- |   |   |   |
|---|---|---|
| <input type="radio"/> Trouble Focusing    | <input type="radio"/> Joint Pain          | <input type="radio"/> Restlessness              |
| <input type="radio"/> Brain Fog           | <input type="radio"/> Frequent Colds      | <input type="radio"/> Heartburn                 |
| <input type="radio"/> Overthinking        | <input type="radio"/> Weight Fluctuations | <input type="radio"/> Acid Reflux               |
| <input type="radio"/> Difficulty sleeping | <input type="radio"/> Irregular Cycle     | <input type="radio"/> Food Intolerances         |
| <input type="radio"/> Anxiety             | <input type="radio"/> Acne                | <input type="radio"/> Jaw Pain                  |
| <input type="radio"/> Irritability        | <input type="radio"/> Eczema              | <input type="radio"/> Slow Healing (cut/bruise) |
| <input type="radio"/> Mood Swings         | <input type="radio"/> Rashes              | <input type="radio"/> Swollen Lymph Nodes       |
| <input type="radio"/> Waking Up Tired     | <input type="radio"/> Memory Challenges   | <input type="radio"/> Painful PMS               |
| <input type="radio"/> Chronic Fatigue     | <input type="radio"/> New Allergies       | <input type="radio"/> Appetite loss             |
| <input type="radio"/> Dry Skin            | <input type="radio"/> Worsening Allergies | <input type="radio"/> Headache                  |
| <input type="radio"/> Rely on Caffeine    | <input type="radio"/> Body Odor           | <input type="radio"/> Migraine                  |
| <input type="radio"/> Bloating            | <input type="radio"/> Waking at Night     | <input type="radio"/> Muscle Tension            |
| <input type="radio"/> Constipation        | <input type="radio"/> Nausea              | <input type="radio"/> Sugar Cravings            |
| <input type="radio"/> Diarrhea            | <input type="radio"/> Brittle Hair/Nails  | <input type="radio"/> Dizzy/Lightheaded         |

## Tally Up Your Check Marks



### **0-5 checks → Low Body Burden**

Your system is relatively balanced. Keep practicing daily stress relief.

### **6-12 checks → Moderate Body Burden**

Your body is showing clear signs of stress load. Now is the time to actively regulate and lighten your load.

### **13+ checks → High Body Burden**

Your body is communicating loudly. Symptoms are stacking, and without intervention they may progress further. Consistent regulation + lifestyle shifts are key.