

Do You Need to Regulate?

Introduction

Understanding the state of your nervous system is crucial for achieving optimal health and well-being. This quiz is designed to help you identify signs of nervous system dysregulation. Answer each question honestly to gain insights into how your nervous system may be affecting your overall health.

At DesBio, we understand the Power of Three and that it's critical to support your physical body, mental and emotional body, and energetic body so that you can reclaim the resilience you miss and become the person you were meant to be. Remember, your body is brilliant and wants to heal. You just have to give it the right tools!

Instructions

For each statement below, select the number that best describes how often you experience the symptom:

0 = Never

1 = Rarely

2 = Sometimes

3 = Often

4 = Always

After completing the quiz, tally your scores to determine your level of nervous system dysregulation.

1. I feel anxious or on edge without a clear reason.
2. I have trouble relaxing even when I am tired.
3. I experience difficulty falling or staying asleep.
4. I suffer from frequent headaches or unexplained pain.
5. I often feel spaced out or disconnected from my surroundings.
6. I struggle with attention and focus during daily activities.
7. I experience cravings or extreme fluctuations in my appetite.
8. I have recurring skin issues (e.g., rashes, acne) or digestive problems (e.g., IBS).
9. I feel overwhelmed by stress more often than not.
10. I have a hard time recovering from stressful situations.
11. My heart races or I feel palpitations even when I am not physically active.
12. I frequently experience muscle tension or stiffness.
13. I have frequent mood swings or feel emotionally unstable.
14. I often feel fatigued or have low energy levels throughout the day.
15. I have difficulty coping with daily responsibilities and tasks.
16. I experience frequent dizziness or lightheadedness.
17. I feel like I am in a constant state of "fight or flight."
18. I have a hard time enjoying activities I used to love.
19. I experience ringing in my ears (tinnitus).
20. I have frequent nightmares or disturbing dreams.
21. I find it hard to stay present and often feel like I'm on autopilot.
22. I have a decreased libido or sexual interest.
23. I am sensitive to bright lights or loud noises.
24. I feel numbness or tingling in my extremities.
25. I have difficulty making decisions or feel easily confused.

Total score: _____

Using your total score, you can view your results on the next page.

Scoring:

Tally your total score to assess your level of nervous system dysregulation:
 0-20: It doesn't appear nervous system dysregulation is a root cause for you at this time.
 21-45: You may have issues with nervous system dysregulation.
 46-100: You should address and support your nervous system.

RESULTS

0-20 It Doesn't Appear Nervous System Dysregulation is a Root Cause for You at This Time

Your responses suggest that your nervous system is functioning well, and it doesn't appear to be a significant factor affecting your health at this time. Continue to maintain a balanced lifestyle with regular self-care practices to support your overall well-being. Staying proactive about your health will help you sustain this balance.

21-45 You May Have Issues with Nervous System Dysregulation

Your responses indicate that you may be experiencing some level of nervous system dysregulation. It's important to take proactive steps to address this. Consider incorporating stress-reducing activities into your daily routine, such as mindfulness, yoga, or deep breathing exercises. These practices can help balance your nervous system and improve your overall health. Consulting with a healthcare professional for personalized advice and treatment options is also recommended.

46-100 You Should Address and Support Your Nervous System

Your responses suggest significant nervous system dysregulation, which could be impacting your overall health. It's crucial to prioritize your nervous system health. Consider integrating comprehensive stress management techniques, such as regular meditation, somatic movements, and energy healing practices, into your lifestyle. Additionally, seeking support from a healthcare professional can provide you with tailored strategies and treatments to address and support your nervous system effectively. Addressing this imbalance can lead to substantial improvements in your physical and mental health.

Understanding the state of your nervous system is the first step towards achieving better health and well-being. Use these insights to take proactive steps in supporting your nervous system. If you have any concerns or need further assistance, please consult with your healthcare provider.

DesBio provides a number of products that can help support the mental and emotional body. Ask your doctor for more information!



This material is designed to assist healthcare practitioners with basic information related to administering their protocols. Patient usage is strictly prohibited unless under direct supervision of a healthcare practitioner.