

Electric Life Mental & Emotional Patterns Audit

How Stress, Thought Patterns, and Emotional Load Show Up in Your Body

Instructions

This audit is designed to help you become more aware of how your **mental and emotional patterns** may be influencing your body.

Your nervous system does not separate:

- physical stress
- mental stress
- emotional stress

It responds to **all of it**.

Check all that apply — this is about awareness, not judgment.

SECTION 1 — Daily Stress Load

Why This Matters

Your body is constantly responding to your environment.

When stress is frequent or prolonged, your system may stay in a **heightened state (fight-or-flight)**, which can lead to physical tension and reduced recovery.

- I feel like I am always “on” or busy
 - My mind is constantly thinking or racing
 - I have difficulty slowing down
 - I feel overwhelmed by my daily responsibilities
 - I rarely feel fully relaxed during the day
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SECTION 2 — Physical Signs of Stress

Why This Matters

Mental and emotional stress often shows up physically — sometimes before you even realize it.

- I carry tension in my neck or shoulders
- I clench my jaw or grind my teeth
- I notice shallow or restricted breathing

- I feel tight even when I'm not moving
 - I experience headaches or pressure
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SECTION 3 — Nervous System State

Why This Matters

Your nervous system shifts between states of:

- activation (stress, alertness)
- recovery (rest, healing)

If your body stays activated too long, recovery becomes more difficult.

- I feel “wired but tired”
 - I have trouble relaxing even when I have time
 - I feel restless or unable to sit still
 - I feel fatigued but can't fully rest
 - I feel sensitive to stress or easily overwhelmed
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SECTION 4 — Emotional Patterns

Why This Matters

Emotional patterns can influence how your body holds tension and responds to stress.

- I hold things in instead of expressing them
 - I feel internal pressure to perform or keep up
 - I have difficulty “letting things go”
 - I feel tension when thinking about work or responsibilities
 - I notice my mood affects how my body feels
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SECTION 5 — Mental Habits

Why This Matters

Your thought patterns influence your nervous system state and physical tension.

- I overthink or replay situations
 - I feel mentally overstimulated (screens, noise, input)
 - I have difficulty focusing or staying present
 - I feel like my brain never fully “shuts off”
 - I feel mentally drained at the end of the day
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SECTION 6 — Recovery & Downregulation

Why This Matters

Your body needs time to shift into recovery mode.

Without it, stress accumulates.

- I rarely take intentional time to relax
 - I use screens late into the evening
 - I don't have a consistent wind-down routine
 - I feel like I'm always "go-go-go"
 - I don't feel fully rested even after downtime
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SCORING

0–10 checks

Your nervous system appears relatively balanced with occasional stress patterns.

10–25 checks

Your system may be spending more time in a heightened state, influencing tension and recovery.

25+ checks

Your body may be adapting to chronic stress patterns that are impacting both how you feel and how you function.

What This Means

If multiple boxes are checked, your body may be:

- holding tension without awareness
- staying in a stress-driven state
- limiting recovery and healing
- reinforcing physical discomfort patterns

This is not a problem — it's information.

Your Next Step

At **Electric Life Chiropractic in Indianapolis**, we help you:

- understand how stress shows up in your body
 - recognize patterns you may not be aware of
 - support your nervous system through care and guidance
 - create simple strategies to help your body relax and recover
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In Practice, This May Include:

- breathing and awareness strategies
- movement to reduce tension
- lifestyle adjustments to support recovery
- nervous system-focused care

Bring This With You

You can bring this audit to your visit, and we'll help you identify:

- the biggest drivers of stress in your system
- how it's showing up physically
- simple ways to begin shifting it

Optional Reflection

What situations or patterns seem to create the most stress in your life?
