

Electric Life Nervous System State Tracker™

Nervous System • Stress • Recovery • Regulation Assessment

Electric Life Chiropractic

INTRODUCTION

Your nervous system influences nearly every function in your body:

- movement
- muscle tension
- stress response
- digestion
- sleep
- energy
- pain perception
- inflammation
- emotional regulation
- recovery capacity

When the nervous system becomes overloaded, protective, or exhausted, the body often begins expressing symptoms through tension, fatigue, pain, anxiety, poor recovery, inflammation, breathing dysfunction, or shutdown patterns.

This assessment is designed to help identify:

- stress adaptation patterns
- nervous system overload
- recovery capacity
- autonomic nervous system imbalances
- regulation ability

- breathing and tension habits
- movement protection strategies

At Electric Life Chiropractic, we believe:

“Symptoms are often communication — not failure.”

The goal is not perfection.

The goal is improving:

- adaptability
- resilience
- movement
- recovery
- awareness
- regulation
- nervous system safety

HOW TO COMPLETE

Please rate how often you have experienced the following over the past 2–4 weeks.

Rating Scale

0 = Never
 1 = Rarely
 2 = Sometimes
 3 = Frequently
 4 = Constantly

SECTION 1 — HYPERAROUSAL / “OVERDRIVE” PATTERNS

Stress, vigilance, tension, and sympathetic overload

Symptom/Pattern	0	1	2	3	4
Racing thoughts	☐	☐	☐	☐	☐
Feeling “wired but exhausted”	☐	☐	☐	☐	☐

Difficulty relaxing	☐	☐	☐	☐	☐
Jaw clenching/grinding	☐	☐	☐	☐	☐
Tight neck/traps	☐	☐	☐	☐	☐
Breath holding	☐	☐	☐	☐	☐
Feeling constantly “on”	☐	☐	☐	☐	☐
Easily startled	☐	☐	☐	☐	☐
Irritability	☐	☐	☐	☐	☐
Anxiety/tension	☐	☐	☐	☐	☐
Sensory overwhelm	☐	☐	☐	☐	☐
Difficulty slowing down mentally	☐	☐	☐	☐	☐
Feeling unsafe resting	☐	☐	☐	☐	☐
Sleep feels non-restorative	☐	☐	☐	☐	☐

SECTION 2 — HYPOAROUSAL / “SHUTDOWN” PATTERNS

Fatigue, collapse, withdrawal, reduced capacity

Symptom/Pattern	0	1	2	3	4
Chronic fatigue	☐	☐	☐	☐	☐
Brain fog	☐	☐	☐	☐	☐

Feeling emotionally flat	☐	☐	☐	☐	☐
Low motivation	☐	☐	☐	☐	☐
Feeling disconnected from body	☐	☐	☐	☐	☐
Heavy/sluggish body sensation	☐	☐	☐	☐	☐
Social withdrawal	☐	☐	☐	☐	☐
Exhaustion after small tasks	☐	☐	☐	☐	☐
Feeling shut down or collapsed	☐	☐	☐	☐	☐
Difficulty focusing	☐	☐	☐	☐	☐
Low emotional capacity	☐	☐	☐	☐	☐
Reduced resilience to stress	☐	☐	☐	☐	☐

SECTION 3 — PHYSICAL NERVOUS SYSTEM SYMPTOMS

The body's physiological response to stress and dysregulation

Symptom/Pattern	0	1	2	3	4
Muscle tension	☐	☐	☐	☐	☐
Headaches/migraines	☐	☐	☐	☐	☐
Digestive issues	☐	☐	☐	☐	☐
Chronic pain	☐	☐	☐	☐	☐
Shallow breathing	☐	☐	☐	☐	☐

Rib/chest tightness	☐	☐	☐	☐	☐
Heart palpitations	☐	☐	☐	☐	☐
Dizziness/lightheadedness	☐	☐	☐	☐	☐
Sensitivity to light/noise	☐	☐	☐	☐	☐
Poor sleep quality	☐	☐	☐	☐	☐
Inflammation flare-ups	☐	☐	☐	☐	☐
Frequent illness	☐	☐	☐	☐	☐
Temperature sensitivity	☐	☐	☐	☐	☐

SECTION 4 — REGULATION & RECOVERY CAPACITY

How adaptable and recoverable does your nervous system currently feel?

Rate difficulty level:

Rating Scale

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Frequently
- 4 = Constantly

Ability	0	1	2	3	4
Relaxing physically	☐	☐	☐	☐	☐
Calming after stress	☐	☐	☐	☐	☐
Sleeping deeply	☐	☐	☐	☐	☐
Feeling emotionally grounded	☐	☐	☐	☐	☐
Recovering after conflict/stress	☐	☐	☐	☐	☐

Feeling present in your body	☐	☐	☐	☐	☐
Transitioning out of “work mode”	☐	☐	☐	☐	☐
Slowing racing thoughts	☐	☐	☐	☐	☐
Breathing deeply without tension	☐	☐	☐	☐	☐
Sitting quietly without stimulation	☐	☐	☐	☐	☐
Feeling safe resting	☐	☐	☐	☐	☐
Adapting to unexpected stress	☐	☐	☐	☐	☐

SECTION 5 — STRESS LOAD INVENTORY

Current life stressors affecting your nervous system

Check all that apply:

- ☐ Work stress
- ☐ Financial stress
- ☐ Relationship stress
- ☐ Parenting stress
- ☐ Health concerns
- ☐ Chronic pain
- ☐ Sleep deprivation
- ☐ Emotional overwhelm
- ☐ Burnout
- ☐ Overtraining
- ☐ Lack of movement
- ☐ Poor nutrition
- ☐ Caregiver fatigue
- ☐ Social isolation
- ☐ Major life transitions
- ☐ Decision fatigue
- ☐ Grief/loss
- ☐ Hormonal stress
- ☐ Feeling constantly “busy”

SECTION 6 — BODY SAFETY & INTEROCEPTION

Awareness, connection, and internal body perception

Pattern	0	1	2	3	4
Feeling disconnected from body	☐	☐	☐	☐	☐
Tension without realizing it	☐	☐	☐	☐	☐
Difficulty relaxing muscles fully	☐	☐	☐	☐	☐
Feeling “stuck” in protection mode	☐	☐	☐	☐	☐
Fear of slowing down	☐	☐	☐	☐	☐
Feeling better when constantly busy	☐	☐	☐	☐	☐
Difficulty recognizing body signals	☐	☐	☐	☐	☐
Feeling physically overwhelmed easily	☐	☐	☐	☐	☐
Feeling unsafe in stillness/rest	☐	☐	☐	☐	☐

SECTION 7 — BREATHING & NERVOUS SYSTEM REGULATION

Breathing habits strongly influence nervous system state

Pattern	0	1	2	3	4
Chest breathing	☐	☐	☐	☐	☐
Mouth breathing	☐	☐	☐	☐	☐

Breath holding under stress	☐	☐	☐	☐	☐
Difficulty fully exhaling	☐	☐	☐	☐	☐
Frequent sighing	☐	☐	☐	☐	☐
Tight ribs while breathing	☐	☐	☐	☐	☐
Neck tension while breathing	☐	☐	☐	☐	☐
Shallow breathing during stress	☐	☐	☐	☐	☐
Difficulty taking deep breaths	☐	☐	☐	☐	☐

SECTION 8 — MOVEMENT, SAFETY & RECOVERY

Pattern	0	1	2	3	4
Fear of movement due to pain	☐	☐	☐	☐	☐
Feeling fragile or unstable	☐	☐	☐	☐	☐
Tightness during exercise	☐	☐	☐	☐	☐
Difficulty recovering from workouts	☐	☐	☐	☐	☐
Feeling stiff after inactivity	☐	☐	☐	☐	☐
Feeling better after movement	☐	☐	☐	☐	☐
Nervous system “crash” after stress	☐	☐	☐	☐	☐

Feeling disconnected from coordination ☐ ☐ ☐ ☐ ☐

Avoiding movement due to symptoms ☐ ☐ ☐ ☐ ☐

SECTION 9 — ELECTRIC LIFE RECOVERY CAPACITY SCALE™

Clinical Summary Categories

Mild Nervous System Stress

- Mild tension/stress patterns
- Good adaptability
- Recovers relatively well

Stressed & Compensating

- Increasing tension and overload
- Reduced recovery efficiency
- Beginning compensation patterns

Protective & Overloaded

- Chronic guarding
- Persistent stress physiology
- Reduced adaptability and resilience

Burnout / Shutdown Dominant

- Exhaustion patterns
- Reduced capacity
- Emotional and physical depletion
- Recovery systems overwhelmed

Hypervigilant Stabilization Pattern

- High-functioning but chronically tense
 - Difficulty slowing down
 - Persistent overdrive and guarding
-

SECTION 10 — YOUR CURRENT NERVOUS SYSTEM PATTERNS

Your nervous system may currently be experiencing:

- ☐ Hypervigilance
 - ☐ Stress overload
 - ☐ Chronic protection patterns
 - ☐ Reduced adaptability
 - ☐ Recovery depletion
 - ☐ Breath restriction
 - ☐ Muscle guarding
 - ☐ Nervous system fatigue
 - ☐ Shutdown cycles
 - ☐ Sensory overwhelm
 - ☐ Movement guarding
 - ☐ Reduced resilience
 - ☐ Emotional overload
 - ☐ Pressure management dysfunction
-

PATIENT REFLECTION

What situations make your body feel most stressed or tense?

What activities or environments help your body feel safest or calmest?

What goals do you have for your energy, recovery, movement, stress, or overall health?

ELECTRIC LIFE EDUCATIONAL SUMMARY

Your nervous system is constantly adapting to:

- stress

- posture
- breathing
- movement
- injury
- sleep
- emotions
- relationships
- environment
- workload
- recovery habits

Many symptoms are not simply structural problems.

They may reflect a nervous system operating in:

- protection
- overload
- fatigue
- compensation
- reduced recovery capacity

Healing is not just about symptom reduction.

It is about improving:

- safety
- adaptability
- resilience
- movement
- regulation
- recovery
- awareness
- nervous system balance

ELECTRIC LIFE CHIROPRACTIC

“Healing Happens Here.”