

ARE YOU A GOOD CANDIDATE FOR EXOMIND?



HEAL•THY•SELF
INSTITUTE

Rate your life in stress, emotion, and brain-body symptoms.
Check all that apply to you. If you check 3 or more, it might be time to take the next step.

DAILY STRESS + EMOTIONAL LOAD

- I feel emotionally drained most days
- I'm always "on edge" or in fight-or-flight
- struggle to slow down, even when I want to
- I often cry easily or feel numb and disconnected
- I can't shut off my brain at night

BRAIN + BODY SYMPTOMS

- I feel foggy, forgetful, or easily overwhelmed
- My nervous system feels like it's running on fumes
- I've tried talk therapy or supplements and still feel stuck
- I'm extra sensitive to noise, touch, or light
- I feel like I'm reacting instead of responding — constantly

ANXIETY, OCD, AND INTRUSIVE PATTERNS

- I overthink or replay things in my head constantly
- I have looping thoughts that I can't seem to shut off
- I rely on routines or rituals to feel "safe" or in control
- I feel anxious if things aren't "just right"
- I get stuck in all-or-nothing thinking or perfectionism
- I feel like I'm trapped in my own mind sometimes

4. EVENT DAY

- I crave sugar, carbs, or caffeine to "get through the day"
- I eat to numb out or avoid emotions
- My gut health is a mess when I'm stressed
- I've lost connection to my hunger or fullness cues