

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
- ☐ I 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

FOOD CRAVINGS AND ENERGY

- ☐ 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