

# Autonomic nervous system check list for adults

- Feeling stressed and having trouble settling, over thinking and worrying
- Skin irritations, asthma, eczema, allergies
- Chronic health complaints, body pains, joint pain, sore muscles, fatigue
- Feeling overwhelmed, sensory overload, stressed by noise and activity
- Hormone imbalance, endometriosis, ovarian cysts, painful or irregular menstrual cycle
- Gut issues diarrhea, constipation, pain, bloating, gas, irritable bowel syndrome
- Feeling like you are disconnected from your body or your self, numbness, brain fog
- Low energy, feeling flat, depressed or anxious, avoiding social connection
- Using coffee or sugar to help get you going, using alcohol to relax, other self medication
- Taking anti anxiety or anti depressent medication, other prescription medication
- Feeling over sensitive, socially anxious, taking on other peoples worries or energy
- Digestive issues, bloating, pain, gas, diarrrehea, constipation, irritable bowel syndrome
- History of childhood stress or trauma
- Jumpy and reactive to loud noises, sensitive changes in environment
- Reactive and quick to respond to others, speaking quickly, feeling urgent or pressured
- Shallow breathing, tight chest, hard to get a full or easy breath
- Gagging when swallowing or cleaning teeth, voice gets husky or weak
- Trouble concertrating and focusing on tasks
- Difficulty getting to sleep or staying asleep
- Repeated colds, infections, generally feeling unwell, low immune system function
- Poor appetite, feeling nauseas, binge eating, craving the wrong type of foods

## Check your score:

- Three or less - stronger vagal tone
- Five or less- moderate vagal tone
- Seven or more - weaker vagal tone

