



Nervous System

HEALTH QUIZ

Nervous System Health Quiz

Take this short quiz to discover how well your nervous system is functioning and where you might need to nurture it for greater calm, resilience, and harmony in your life.

- 1 How often do you feel easily overwhelmed by everyday tasks?
 - A. Rarely
 - B. Sometimes
 - C. Often
 - D. Almost always
- 2 Do you find it difficult to wind down and relax, even when you have time to yourself?
 - A. No, I can relax easily
 - B. Sometimes
 - C. Often
 - D. I feel on edge most of the time
- 3 How frequently do you experience physical symptoms such as tension headaches, tight muscles, or digestive issues?
 - A. Rarely or never
 - B. Occasionally
 - C. Frequently
 - D. All the time
- 4 When you encounter a stressful situation, how quickly do you recover from it emotionally?
 - A. Very quickly
 - B. I bounce back within a few hours
 - C. It takes me a day or more
 - D. I struggle to recover and feel stressed for days
- 5 How often do you find yourself experiencing mood swings or irritability, especially under pressure?
 - A. Rarely
 - B. Occasionally
 - C. Often
 - D. Frequently
- 6 How would you describe the quality of your sleep?
 - A. Restful and deep
 - B. Adequate, but I sometimes wake up tired
 - C. Interrupted, and I rarely feel well-rested
 - D. Poor, I often have trouble falling or staying asleep
- 7 How connected do you feel to your body and its signals? (e.g., hunger, tension, fatigue)
 - A. Very connected
 - B. Mostly aware, but I could be more mindful
 - C. I struggle to tune in to my body's needs
 - D. I feel disconnected from my body's signals
- 8 How often do you feel "on alert" or hypervigilant, even in safe situations?
 - A. Rarely
 - B. Occasionally
 - C. Often
 - D. Almost always

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- 9 Do you find it hard to switch off from work or responsibilities, even when you're not actively engaged in them?
- A. No, I can easily separate work and relaxation
 - B. Sometimes
 - C. Often
 - D. I'm always thinking about my to-do list
- 10 How often do you engage in activities that help calm your nervous system (e.g., deep breathing, mindfulness, exercise)?
- A. Daily
 - B. A few times a week
 - C. Occasionally
 - D. Rarely or never

Your Nervous System Score

Mostly A's: Your nervous system seems to be in good health! You're resilient and handle stress well, but remember to keep nurturing your nervous system regularly.

Mostly B's: Your nervous system is fairly balanced, but you could benefit from adding more stress-reducing habits to your routine to avoid burnout.

Mostly C's: Your nervous system may be struggling. Consider prioritising self-care, mindfulness, and stress-relief strategies to support your nervous system.

Mostly D's: Your nervous system is likely in overdrive. It's important to take immediate steps to calm and reset it. Consider seeking support or a program designed to help you regulate your stress levels.