

Quiz

Give yourself **one point** for every question answered "yes."
The word "**frequent**" refers to 3+ days a week.

1 Do you experience frequent gut, bowel or digestion problems?

☐ Yes

☐ No

2 Do you experience frequent persisting aches & pains?

☐ Yes

☐ No

3 Do you experience frequent brain fog, fatigue, or have trouble concentrating?

☐ Yes

☐ No

4 Do you frequently feel on edge or experience anxiety?

☐ Yes

☐ No

5 Do you experience frequent sleep issues?

☐ Yes

☐ No

6 Do you experience frequent inner body tremors, vibrations, buzzing, or trembling?

☐ Yes

☐ No

7 Are you frequently sensitive to light, sound, touch, or situations?

☐ Yes

☐ No

MY TOTAL "YES" COUNT

To access your results, please count how many questions you answered "yes" to and scroll to the following page!

Results Are In!

1 – 2 "YESES"

MODERATELY DYSREGULATED

Ok, friend — your body may be showing some early signs of a dysregulated nervous system.

Occasional sleep trouble

Periodic stress or anxiety

Occasional fatigue

Not severe, but worth listening to — this is the moment for gentle, proactive self-care. The good news is, I've got you! See the next page.

3 – 4 "YESES"

HIGHLY DYSREGULATED

You, my friend, have not been feeling your best, have you? I'm SO sorry & I'm sending you a big air hug.

Daily chronic fatigue

Persistent anxiety

Sleep issues

Physical aches & pains

Your body is signaling for help, and this level of dysregulation can significantly impact your quality of life — but as you know, I'd never leave you empty-handed. Let's jump-start your healing! See the next page.

5 – 7 "YESES"

SEVERELY DYSREGULATED

My friend, you're feeling like you're trying to survive each day rather than actually live it, aren't you? I know exactly how that feels, and I'm sending you a BIG airtight hug right now.

All symptoms above

Plus additional distressing issues

Day-to-day life & health impacted

Your body is sending urgent signals for help. Rest assured — you're not alone on this journey, and I'm right here by your side. Let's ignite your healing!

Get Into Action!

THE FOLLOWING CHART IS HIGHLY RECOMMENDED TO ACTIVATE REGULATION

Dysregulation	Moderate	High	Severe
Journaling <i>10+ mins</i>	1–3x / week	5–7x / week	7x / week
Meditation <i>10+ mins</i>	3–6x / week	7–14x / week	7–14x / week
Nature <i>no work / phone</i>	2+ hrs / week	3+ hrs / week	4+ hrs / week
Breathwork <i>10+ mins</i>	2–5x / week	7x / week	7x / week
*Brain Retraining <i>15+ mins</i>	1–4x / week	7x / week	7x / week
*FFCI <i>coaching</i>	Recommended	Highly recommended	Highly recommended

** see gifts below*

BRAIN

New to Brain Retraining? DM me the word "BRAIN" on Instagram and I'll send you over my holy grail brain retraining exercise for free!

FFCI

Curious to know more about my 8-week course — **FFCI (Freedom From Chronic Illness)**? DM me the word "FFCI" on Instagram to get added to the waitlist!

Sending you all the healing vibes!

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