
FREE RESOURCE

TRAUMA & ENERGY QUIZ + MINI GUIDE

A gentle self-check-in for your nervous system, energy, and gut-hormone health — plus simple next steps to feel more grounded.

- 10-question self-reflection quiz
- Simple scoring — no wrong answers
- A mini guide matched to your results



HOW TO USE THIS QUIZ

Our nervous system, energy, and gut health are deeply connected — when the body has been through stress or hard seasons, it often shows up as fatigue, tension, or a stomach that reacts to everything. This quiz is a gentle way to notice your own patterns, not a clinical test.

Instructions

For each statement on the next page, rate how true it feels for you right now, using a scale of 1 to 5:

- 1 Rarely / Never true
- 2 Occasionally true
- 3 Sometimes true
- 4 Often true
- 5 Almost always true

This is a self-reflection tool for general wellness awareness — it isn't a diagnostic or clinical assessment. If you're processing trauma, please also lean on a licensed mental health professional alongside this guide.



THE QUIZ

1	I feel tired even after a full night's sleep.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
2	It's hard for me to fully relax, even when nothing is wrong.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
3	My stomach reacts strongly when I'm stressed (knots, nausea, bloating).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
4	I often say yes to things I don't really want to do.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
5	I feel disconnected from my body throughout the day.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
6	Small things can make me feel overwhelmed or on edge.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
7	I struggle to ask for help or lean on other people.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
8	My energy crashes in the afternoon, no matter what I eat.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
9	I hold tension in my shoulders, jaw, or stomach.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
10	I find it hard to feel safe slowing down and doing nothing.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

YOUR SCORE

Add up your ten ratings for a total score between 10 and 50, then find where you land below.

10–20 — Grounded & Resourced

Your nervous system is mostly steady. You have good access to rest, and your body generally feels like a safe place to be. Keep tending the habits that support this.

21–35 — Rebuilding & Adjusting

You're carrying some real stress or tension, and your body is asking for more support. Small, consistent changes to nutrition, rest, and nervous system care will go a long way.

36–50 — Depleted & Guarded

Your body has likely been in protection mode for a while — running on stress hormones more than it would like. Be extra gentle with yourself, and consider pairing this guide with more personalized, hands-on support.



YOUR MINI GUIDE

Grounded & Resourced

- Keep a steady rhythm of meals — protein + healthy fat at breakfast supports stable energy.
- Protect your wind-down routine; it's what's keeping your nervous system regulated.
- Notice what's working and don't be afraid to say no to what disrupts it.

Rebuilding & Adjusting

- Add a protein-rich snack mid-afternoon to soften energy crashes.
- Try 5 minutes of slow breathing (4 counts in, 6 counts out) before meals to support digestion.
- Practice one small boundary this week — notice how your body responds.

Depleted & Guarded

- Prioritize magnesium-rich foods (leafy greens, pumpkin seeds) to support a stressed nervous system.
- Rest without earning it — even 10 quiet minutes counts as real recovery.
- Consider working with a practitioner (like a functional nutrition counselor) for personalized support.



Ready for Personalized Support?

This mini guide is a starting point — real healing happens with support that's tailored to you. If your results showed you're Rebuilding or Depleted, I'd love to help you build a plan for your body and your life.

Scan the QR code below to schedule your FREE 30-minute Wellness Consultation, and let's talk about what your nervous system and gut actually need.

I look forward to supporting you on your wellness journey!

Ashley Nicole

Functional Nutrition Counselor & Wellness Coach

SCAN HERE



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