

The Stress Trigger Score

Rate how frequently you experience each trigger on a scale of 0-3:

0 = Never/Rarely

1 = Sometimes (1-2 times per week)

2 = Often (3-5 times per week)

3 = Daily/Almost daily

Dietary Triggers:

- _____ Caffeine after 2 PM
- _____ High-sugar breakfast
- _____ Skipping meals
- _____ Alcohol in evening
- _____ Ultra-processed foods

Environmental Triggers:

- _____ Loud or unpredictable noise exposure
- _____ Room temperature too hot or cold for comfort
- _____ Limited natural light exposure
- _____ Less than 30 minutes outdoors daily
- _____ Chaotic or cluttered living/working space

Technology Triggers:

- _____ Screen use within 90 minutes of bedtime
- _____ Checking work communications after hours
- _____ Frequent notification interruptions
- _____ Social media before bed
- _____ Blue light exposure in evening

Sleep Triggers:

- _____ Bedtime varies by >30 minutes
- _____ Wake time varies by >30 minutes
- _____ Less than 7 hours of sleep
- _____ Bedroom too hot, bright, or noisy
- _____ Caffeine interfering with sleep

Add up each group. A group that scores 10 or more is the place to start.

From The Calmer Days Kit: a 6-day reset, a plan for each trigger, 10 calming rituals, large print. This kit shares everyday wellness habits. It is not medical advice and does not diagnose, treat or prevent any condition. Talk to your doctor before changing what you eat, drink or take, and about any symptom that worries you.