

QUIZ: What's Your Stress Type?*

Instructions: Check each description below that applies to you. Add up the total score for each section. Follow guidelines for the type you score highest in. If the top two scores are within two points of each other, follow the guidelines for both types.

Airy Type (Vata)

- _____ When stressed, I tend to feel worried or anxious.
- _____ I can get tension headache or back or neck pain when I'm under stress.
- _____ My stomach often feels tight or gets butterflies when I'm stressed.
- _____ I often have trouble falling asleep and sleep fitfully through the night.
- _____ I usually learn quickly, but also forget quickly.
- _____ If I'm very stressed, I can lose focus and find it difficult to dig into my work.
- _____ I'm creative and spontaneous. Being organized and methodical is not my forte.
- _____ I tend to lose my appetite or lose weight when under stress.
- _____ **TOTAL**

Fiery Type (Pitta)

- _____ When stressed, I tend to feel irritated, angry or aggressive.
- _____ I tend to be perfectionistic and get stressed when things don't go my way.
- _____ I easily get impatient when people are late, slow or inefficient.
- _____ I feel hot easily and get irritated and uncomfortable in hot weather.
- _____ I am ambitious, focused and goal-oriented and find it challenging to relax and go with the flow.
- _____ I get hungry easily and easily feel stressed and edgy from missing a meal.
- _____ If stress disturbs my sleep, I usually wake up between 12 AM- 3 AM and have trouble getting back to sleep.
- _____ My digestion is usually good, but tends to heartburn, hyperacidity or loose stools under stress.
- _____ **TOTAL**

Earthy Type (Kapha)

- _____ My mood is usually stable and nurturing, but when stressed, I can feel melancholic, depressed, lethargic or lacking in motivation.
- _____ When too busy to exercise, my body feels sluggish, bloated or heavy.
- _____ I tend to learn more slowly, but remember clearly and for a long time.
- _____ I like to plan ahead, work slowly and methodically, and usually don't feel stressed.
- _____ I am easy-going by nature and others often turn to me for emotional support and comfort.
- _____ When I get stressed, I like to retreat from the world with a good book or other comforts.
- _____ If I get sick, it's usually a respiratory problem like bronchitis, allergies, colds or asthma.
- _____ When under stress, I find myself turning to "comfort food" and I tend to put on weight.
- _____ **TOTAL**

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*Personalized Tips for Your Stress Type**

*Note: Page numbers refer to references in Dr. Lonsdorf's Books, *The Ageless Woman: Natural Health and Beauty After Forty with Maharishi Ayurveda (AW)* or *The Ageless Woman's Self-Guide (Self-Guide)*, available on Amazon (AW) or www.drnancygonsdorf.com*

Airy Type (Vata)

1. Your tendency for anxiety and worry can be balanced through scientifically-validated stress-reducing approaches.

TIP: Practice yoga, deep breathing exercises and meditation such as the Transcendental Meditation™ program regularly, to reduce your stress hormones and calm down your sympathetic nervous system. (See p. 176 AW, p. 16 Self-Guide)

2. Your airy nature is prone to dryness (skin, intestines, hair, eyes, etc.) and restlessness (over-excitation, anxiety, etc.) Your dryness and restlessness are balanced out beautifully by using pure, vegetarian massage oil - the most vata-balancing substance--on your skin with a whole body self-massage each day, before your bath or shower.

TIP: Give yourself an oil massage each day before your bath or shower (See p. 68 AW, p. 69 Self-Guide) (Documented benefits: Calms your nerves, reduces dryness, help prevent wrinkles and skin diseases.)

3. Cold and dry foods disturb your balance and can contribute to digestive symptoms, sleep problems, joint stiffness, menstrual problems, and constipation.

TIP: Drink a few sips to 1/4 cup of boiled hot water every half hour throughout the day. This has an amazingly helpful effect to reduce gas, bloating and even cravings!

TIP: Include healthy fats in your daily diet, and favor warm, cooked foods rather than cold or raw foods. (See p. 67 and p. 180 AW, p. 55 Self-Guide)

More Tips for Your Type:

- Favor fennel, cumin, ajwan, fresh ginger root.
- Keep a regular routine of sleeping and eating--it is very important for your type.
- Travel: Upon arriving, give yourself an oil massage and take a warm bath before bed. Favor hot drinks.
- Sleep in a silk "sleep sack" (calms and protects you from disturbing "vibes" from the environment.)
- Working and communication: do one thing at a time, in a settled, quiet environment.
- Take 5 minutes of quiet time to settle your mind and organize your thoughts before you talk.

Fiery Type (Pitta)

1. Your tendency for excess intensity and irritability can be balanced through scientifically-validated stress-reducing approaches.

TIP: Practice yoga, deep breathing exercises and meditation such as the Transcendental Meditation™ program regularly to reduce your stress hormones and chill your overdriven nervous system. (See p. 176 AW, p. 16 Self-Guide)

2. Balance your body's tendency to overheating with a cooling diet that reduces acidity and inflammation.

TIP: Eat 6-8 servings every day of fresh organic vegetables and sweet juicy fruits. Strictly avoid smoking, alcohol, vinegar, sour condiments, excess caffeine and hot spicy, acidic, sugary or fermented foods.

3. Keep your internal "fire" under control with these additional cooling measures:

TIP: Protect yourself from the sun, avoid exercising vigorously in the heat, eat your main meal at noon and drink 6-8 glasses of pure, spring water daily.

More Tips for Your Type:

- Take time in Nature and with family and friends to avoid overworking and reduce stress.
- Eat your meals on time, especially lunch.
- Make sure you have eaten a meal or snack and are not hungry when about to engage in an important or potentially contentious conversation.
- Favor fennel, coriander, cilantro, parsley, rosewater, coconut water, pears, zucchini and cucumber.

Earthy Type (Kapha)

1. Your tendency to eat when under stress and to gain weight may lead to obesity and other health problems. (see p. 94)

2. Your tendency to be depressed and hang on to the past can aggravate your stress level and lead to health problems over time. (see p. 205)

TIP: Find an "exercise buddy" or hire a personal trainer and begin to exercise every day. Start comfortably--even a 20-minute walk will make a difference.

TIP: Eat your heaviest meal at noontime, and a lighter, vegetarian evening meal, without cheese or yogurt, by 7 PM.

TIP: Drink a few sips to 1/4 cup of boiled hot water every half hour throughout the day. This has an amazingly helpful effect to reduce gas, bloating and even cravings!

TIP: Learn the Transcendental Meditation™ technique for stress reduction, including dissolving the backlog of mental and emotional stresses that your generous and nurturing heart has accumulated from the past.

TIP: Get involved with helping others, and don't spend too much time alone. Learn to "let go" and move on. Consider cognitive therapy or coaching to establish more positive thought patterns.

More Tips for Your Type:

- Eat a lower carb diet, strictly avoiding the "whites" ---no sugar, white flour, rice or potatoes.
- Favor ginger, black pepper, mustard seed, all Italian fresh herbs, coriander, cumin, turmeric.
- Get up by 6 AM for more energy and lightness during the day.
- Be sure to nurture yourself by staying physically active, engaged in enjoyable social interaction and avoid taking on too much emotional stress from others.