



Free Stress AUDIT.

FROM THE DAY WE WERE BORN,

most of us experienced amounts of stress that our bodies weren't designed for. I have observed three main categories of stress which I believe are the root cause of ill health:



Emotional
Stress



Chemical
Stressors



Physical
Stressors

Sometimes a stressor can occur in isolation e.g. we have an accident or an injury which harms part of our body. But more often than not, we experience a combination of stressors.

Physical, chemical and emotional stressors that are not processed, store in the body as spinal blockages and can create pain, stress, dis-ease and illness. This stress audit will help you identify the different stressors in your life and map out a path to reduce or eliminate them.

Are you ready to commit to reducing or eliminating the three main stressors in your life?

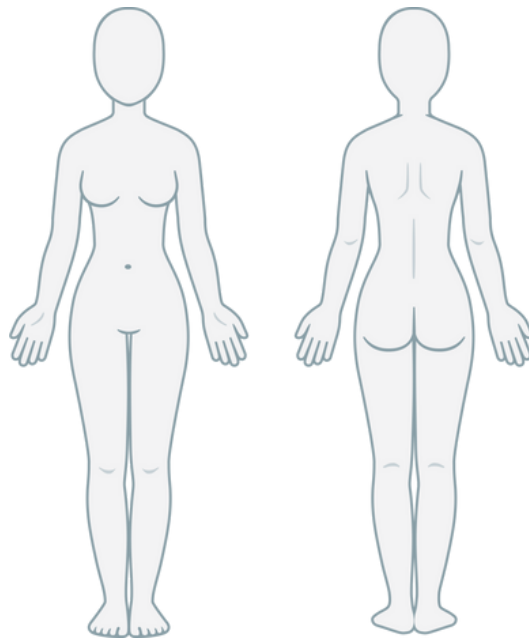
WHAT'S HAPPENING IN YOUR BODY?

Take some time and write down what you are feeling in your body now:

[illegible]

SCAN YOUR BODY

Please use the diagrams to mark the areas where your body is talking to you. Where do you feel pain, stiffness, blockage or discomfort and where do you feel ease, flow, flexibility and health?



Is your body talking to you right now? What do you feel?
How does your body talk to you?

WHAT IS THE CAUSE OF YOUR PAIN, DISEASE OR ILLNESS?



PHYSICAL STRESS INCLUDES:

- Car accidents and falls
- Excessive sitting
- Repetitive tasks and heavy lifting
- Poor posture and bad sleeping position



EMOTIONAL STRESS INCLUDES:

- Loss of a loved one
- Marriage or relationship break up
- Mental Illness
- Financial Stress
- Workplace or school yard bullying
- Thoughts, traumatic memories and emotional events from childhood can affect your health as an adult



CHEMICAL STRESS INCLUDES:

- Smoking, recreational and prescription drugs.
- Food artificial colours and preservatives, insecticides etc.
- Household cleaners and disinfectants.
- Air pollution.
- Alcohol, coffee, gluten, dairy, sugar



PHYSICAL STRESS AUDIT

Identifying the physical stress in your body helps you appreciate your body's experiences and get to the root of existing blockages. Common examples of physical stress include injuries,

childbirth, surgery and the examples mentioned above. You can use a blank piece of paper or fill in the space below.

MY PAST PHYSICAL STRESS

List some of the PHYSICAL Stress you have had in your life.

Examples of Physical Stressors could be: previous injuries, child birth and surgery .

AGE PHYSICAL STRESS AUDIT	
12	I had my appendix removed
16	I was in a horse riding accident and blacked out for half an hour
28	Had a ventouse assisted delivery giving birth to my first child
33	Had a caesarean delivery giving birth to my second child

MY CURRENT PHYSICAL STRESS

List some of the PHYSICAL Stress you have in your life RIGHT NOW

Examples of Physical Stressors could be:

current pain or discomfort, child birth and surgery ...

PHYSICAL STRESS AUDIT

I wear high heels to work every day

I sit for up to seven hours a day at work

My computer screen is not at eye level, so I look down most of the day

I bend and twist when I'm picking up my children



CHEMICAL STRESS AUDIT

Becoming aware of the chemical stress that has been placed on your body helps you understand your current state of health. Common examples of chemical stress include environmental pollution from living near busy roads, alcohol,

smoking or medication and the examples mentioned previously in this chapter.

MY PAST CHEMICAL STRESS

List some of the CHEMICAL Stress you have had in your life. Examples of Chemical Stressors could be: Alcohol, Smoking, Medication and other drugs

AGE CHEMICAL STRESS AUDIT	
In utero	My mum smoked throughout her pregnancy
3	Antibiotics taken for recurrent ear infections
4	I took Ventolin for chronic asthma
12-16	I was a binge drinker

MY CURRENT CHEMICAL STRESS

List some of the CHEMICAL Stress you have in your life RIGHT NOW

Examples of Chemical Stressors could be:

Alcohol, Smoking, Medication and other drugs....

CHEMICAL STRESS AUDIT

I take pain relief like Nurofen for my headaches at least five times a week

I drink wine two nights a week

I smoke cigarettes



EMOTIONAL STRESS AUDIT

Recognizing emotional stress and trauma is always challenging. We like to forget or block the things that caused us emotional pain. The more long-held the emotional stress is, the more the body likes to hold tight to it to keep you protected and safe.

I suggest you take your time... find somewhere where you feel safe and won't be disturbed, and allow yourself to write whatever comes to mind.

MY PAST EMOTIONAL STRESS

List some of the EMOTIONAL Stress you have had in your life, in the **past**. Examples of Emotional Stressors could be: Loss, grief, heart break, depression, anxiety...

AGE EMOTIONAL STRESS AUDIT	
In utero	I was an unwanted pregnancy
2	Parents fought over financial issues
6	I was teased at primary school and excluded from games
8	When my father left, I felt confused and as though I had done something wrong
14	A family relative sexually abused me

MY CURRENT EMOTIONAL STRESS

List some of the EMOTIONAL Stress you have in your life RIGHT NOW...

Examples of Emotional Stressors could be:

Loss, grief, heart break, depression, anxiety...

EMOTIONAL STRESS AUDIT

I've never fully connected with my youngest son, always worrying that he blames me for something.

I worry that my husband and I aren't as intimate as we would like to be

I don't enjoy work and two of my workmates often put me down

My body revolts me and I constantly put down the way I look physically

COMMITTING TO REMOVE STRESS

It is stress that overloads our bodies and minds, and keeps us stuck. Making a commitment to heal and slowly remove the physical, chemical and emotional stress from your life makes all the difference.

Read through the audits you created for physical, chemical and emotional stress above. Pay particular attention to your current stressors and think about what you can do to remove them or eliminate them from your life.

What could you reduce or eliminate this week? For example, if you are drinking five cups of coffee a day, try reducing it to four. If you do not drink enough water and you feel a little dehydrated, maybe you can add an extra litre of water.

Write down your commitment to reduce stress, with the aim to start right away and proceed at a pace that feels comfortable to you. You don't have to do everything at once to transform your life. If you find yourself resistant to making this commitment, ask yourself why? Will you do what it takes to heal?

MY STRESSOR	HOW I'M GOING TO REDUCE OR ELIMINATE IT
I've never fully connected with my youngest son, always worrying that he blames me for something	Invite him for a nice meal and voice my feelings, inviting him to connect more with me
I drink wine two nights a week	I commit to cutting back the wine to one night a week for the next month and then stopping completely. I will replace it with non-alcoholic drinks I enjoy, such as ginger beer.

CHOOSE 3 THIS WEEK

Lets start - from the list above - choose 3 that you can start with this week!

Will you do whatever it takes to heal?


Because if you're going to continue living with the same amount of stress and expect your body to heal, you are unlikely to make any significant progress. When the body is in the stress zone, it is almost impossible to heal. What are you going to do to decrease or eliminate your current stress to prevent more blockages?








Stressor	Current stress	What I will do to reduce/eliminate this	Will I commit to do what it takes to heal yes/no
1			
2			
3			

THE SPINAL GATEWAYS

When stress is not released it stores in the nervous system. The nervous system is the master controller of the body. In the chart below, you will see the nervous system with all of the body parts supplied by the nerves which flow from the spinal cord at each vertebrae level.

7 GATEWAYS OF THE SPINE



GATEWAY	SPINAL LEVEL	NERVE SUPPLY	SYMPTOMS OF SPINAL BLOCKAGES	FEELS LIKE
AWAKEN 	Cranium	Head, Brain and Cranial Nerves	<ul style="list-style-type: none"> • Low Energy • Spaciness, Dizziness • Memory Issues & Brain Fog 	You don't have enough life force or energy. You can feel disconnected and living life separate and alone.
PAUSE 	C1-C2, The Upper Cervical Spine	Neck, Eyes, Ears, Nose And Sinuses	<ul style="list-style-type: none"> • Headaches, Migraines • Colds, Flu, Earaches, Tinnitus • TMJ, Sinus Problems • Sleep Disorders, Snoring • Learning Disorders 	Your head is about to explode and that your thoughts are not in alignment with your body. You are busy with thinking and stuck in the future.
PASSION 	C3-C7, The Lower Cervical Spine	Neck, Shoulders, Arm, Throat and Thyroid	<ul style="list-style-type: none"> • Neck, Shoulder or Arm Pain • Sore Throats, Thyroid Issues • Swollen Glands • Food Sensitivities • Tiredness after Eating 	You need to swallow your thoughts and ideas. May feel as though no-one listens and you cannot speak your truth.
CENTRE 	T1-T12, The Thoracic Spine	Upper and Mid Back, Heart, Lungs, Gallbladder, Stomach, Pancreas, Spleen, Liver and Kidneys	<ul style="list-style-type: none"> • Breathing Issues, Asthma • Chest Pain, Heartburn • High or Low Blood Pressure • Gas, Burping • Trouble with Fatty Foods, Indigestion • Kidney and Bladder Problems 	Taking the weight of the world on your shoulders. Feels like you try to protect or hide your heart. Rarely prioritising yourself.
POWER 	L1 - L5	Low Back, Colon, Prostate, Uterus	<ul style="list-style-type: none"> • Lower Back Pain • Disc Problems • Digestive and Reproductive Complaints 	Disempowered and don't have enough drive to get through life, feel withdrawn.
FOUNDATION 	Sacrum	Pelvis, Groin, Hip, Leg, Knee, Ankle	<ul style="list-style-type: none"> • Lower Back Pain, Sciatica • Hip Issues, Groin Problems • Knee Pain 	Being stuck in the past, can't move forward or make a decision. Overall feelings that you are unsupported.
BASE 	Coccyx	Tail Bone, Toes	<ul style="list-style-type: none"> • Anxiety • Depression • Nervous System Issues • Neurological Disorders 	Body is stuck in the fight: flight response and trying to survive rather than thrive. Can feel ungrounded, as though feet can't rest on the floor.



ABOUT DR. CARLI AXFORD

FOUNDER OF SACRAL FLOW & SPINAL FLOW TECHNIQUES™

Dr Carli Axford's experience as a former chiropractor and at the world-leading Texas Back Institute have given her deep expertise in healing the spine, nervous system and body.

Her understanding of how to run successful clinics, workshops and retreats have shown her the body's ability to transform, so Dr Carli now specialises in teaching this to others.

Graduating with a double chiropractic degree from RMIT university gave Dr Carli the doctor title, but it's her wisdom as a hands-on practitioner that helped her develop the transformative Spinal Flow Technique.

Dr Carli knows how to help people connect to the innate wisdom of their own bodies, and allow the Spinal Flow to heal them from within.

Pain is just one of the signals our wise body sends when it is struggling with stress or illness. Spinal Flow Technique tunes in to what the body is trying to say to enable spinal blockages to be released and transform their wellbeing.

“

In my experience, stress is the number one cause of pain and symptoms like depression, anxiety, chronic fatigue, sleep problems and digestive issues,

”