Health&Harmony

FREE SELF-ASSESSMENT

Is Your Nervous System Affecting Your Cycle?

A simple checklist to help you identify signs of nervous system dysregulation and how it may be affecting your menstrual health.

How to use this assessment

1. Read each statement carefully
2. Tick any that apply to you regularly
3. Count your ticks and check your score

THE ASSESSMENT

Tick everything that applies to you

Be honest — there are no right or wrong answers. Tick anything you experience regularly.

Health&Harmony

SLEEP & RECOVERY

- [ ] I often wake between 2–4am and struggle to get back to sleep
- [ ] I feel unrefreshed even after a full night's sleep
- [ ] My mind races when I try to wind down at night
- [ ] I rely on caffeine to function in the morning
- [ ] I feel more anxious or low in the days before my period

STRESS & EMOTIONAL RESPONSES

- [ ] I feel overwhelmed by things that didn't use to bother me
- [ ] I find it hard to switch off, even when I have time to rest
- [ ] Small stressors feel disproportionately difficult to manage
- [ ] I often feel on edge or braced for something to go wrong
- [ ] My mood shifts significantly across my cycle

PHYSICAL SIGNS

- [ ] I carry tension in my jaw, neck, or shoulders regularly
- [ ] I experience digestive issues that worsen around my period
- [ ] My period pain feels worse when I am stressed or anxious
- [ ] I notice my heart racing or breath becoming shallow under pressure
- [ ] I get frequent headaches, particularly around my cycle

ENERGY & MOTIVATION

- [ ] My energy crashes in the afternoon most days
- [ ] I push through tiredness rather than resting when I need to
- [ ] I feel burnt out or emotionally flat for stretches of time
- [ ] Exercise that used to energise me now leaves me depleted
- [ ] I struggle to feel motivated even for things I enjoy

Name: _____ **Date:** _____

YOUR RESULTS

What your score means

Count your ticks and find your score range below.

Health&Harmony

0–4 ticks
LOW LOAD

Your nervous system appears to be coping well. Continue with the supportive practices you already have in place and use your cycle as a monthly check-in.

5–9 ticks
MODERATE LOAD

Your nervous system is showing signs of strain. Small, consistent regulation practices introduced into your daily routine could make a meaningful difference — particularly in your luteal phase.

10–14 ticks
HIGH LOAD

Your nervous system is likely carrying a significant burden, which may be directly impacting your cycle health. This is a good moment to seek personalised support.

15–20 ticks
VERY HIGH LOAD

Your responses suggest your nervous system has been under sustained pressure for some time. Working with a practitioner to address this alongside your cycle health is strongly recommended.

What next?

Whatever your score, your nervous system and your cycle are deeply connected. The good news is that nervous system regulation is a learnable skill — and even small, consistent practices can create meaningful change in your cycle health over time.

If you scored 5 or above, this is worth exploring further. The Cycle Reset — my nurse-led 1:1 programme — works with both your cycle health and your nervous system to help you understand what's happening and make sustainable changes.

Ready to take the next step?

@health.harmony.uk
www.healthnharmony.net