



The Stress Recovery Capacity Check-In™

Think about the past two weeks. Mark the response that feels most accurate.

☐ **OFTEN**
☐ **SOMETIMES**
☐ **RARELY**


SLEEP & ENERGY

I wake feeling reasonably refreshed. ☐ ☐ ☐

My energy returns after rest. ☐ ☐ ☐

I can slow down without feeling restless. ☐ ☐ ☐



EMOTIONAL RECOVERY

I settle after a stressful moment. ☐ ☐ ☐

Small problems feel manageable. ☐ ☐ ☐

I have patience for ordinary demands. ☐ ☐ ☐



MENTAL CAPACITY

I can focus and make decisions. ☐ ☐ ☐

I can shift between tasks without feeling flooded. ☐ ☐ ☐

I have space for something unexpected. ☐ ☐ ☐



BODY & CONNECTION

My body feels less tense after support or rest. ☐ ☐ ☐

I stay connected with people I care about. ☐ ☐ ☐

I make time for basic needs. ☐ ☐ ☐



WHAT YOUR PATTERN MAY BE SAYING

Mostly OFTEN: Your current supports may be helping you recover.

Mostly SOMETIMES: Your capacity may vary with stress, sleep and daily demands.

Mostly RARELY: Consider reducing demands and adding more consistent support.



GENTLE REMINDER

This is a snapshot, not a score. Look for changes and patterns rather than judging one difficult week.



Martine's Midlife Wellness Tip

Choose one area marked rarely and ask what would make it five percent easier this week.

