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THE STRESS DISCOVERY MAP

A 5-minute self-check to see where stress shows up first in your body and your life.

Ainez Marie

TIMBIRICHE VIDA HEALTH COACHING

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Hi, I'm Ainez Marie!

STRESS HEALTH COACH

I'm a stress health coach and an attorney who opened discovery on my own body. For years, stress landed in my gut, my sleep, and my energy before I knew how to read it. Now I help driven people find their own way to a new relationship with stress.

Master your stress. Reclaim your energy. Enjoy the life you're building in a body that supports you.



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Opening

YOUR DISCOVERY

Stress doesn't stay in your head. It lands somewhere in your body: in your gut, the way you eat, your sleep, the way you move, your energy. And it’s shaped by who and what surrounds you. Most driven people feel it long before they can name it.

This self-check helps you see where yours lands first. It takes five minutes, and there are no right answers. Read each line and check the ones that feel true for you lately, then write your count at the bottom of each page.

This self-check is for personal awareness. Health and wellness coaching supports your goals, choices, and habits. It does not diagnose, treat, or prescribe, and it is not a substitute for medical, psychological, or nutritional care from a licensed professional.

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The self-check

YOUR GUT



Noticing how your gut responds to stress might show you what your body has been trying to say.

- ☐ My stomach tightens before a hard conversation or a big day.
- ☐ Food doesn't sit right when I'm on edge.
- ☐ My stomach feels off whenever life gets busy.
- ☐ I feel it in my stomach before I realize I'm stressed.
- ☐ That knot stays long after the stressful moment has passed.

MY COUNT:

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The self-check

HOW YOU EAT



Noticing how you eat when life gets full might show you what stress has been choosing for you.

- ☐ My appetite disappears when I'm stressed. Or it won't quit.
- ☐ The same craving shows up every stressful afternoon.
- ☐ I eat on the go, in the car, at my desk, or standing up.
- ☐ On busy days, I skip meals and make up for it at night.
- ☐ I know what eating well looks like, but stress decides what's on my plate.

MY COUNT:

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The self-check

YOUR SLEEP



Noticing how stress follows you to bed might show you why sleep feels like it doesn't always restore.

- ☐ I'm exhausted, but I can't switch off at night.
- ☐ My mind starts running the moment my head hits the pillow.
- ☐ I sleep a full night and still wake up tired.
- ☐ I wake up in the middle of the night thinking about tomorrow.
- ☐ I count on the weekend to catch up on rest.

MY COUNT:

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The self-check

HOW YOU MOVE



Noticing how you move when life gets full might show you whether movement is giving back or taking more.

- ☐ My workouts leave me drained instead of restored.
- ☐ I push through hard training even on days I'm running on empty.
- ☐ When life gets busy, movement is the first thing to go.
- ☐ I sit for hours without noticing how stiff I've become.
- ☐ I move more out of obligation than because it feels good.

MY COUNT:

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The self-check

WHAT SURROUNDS YOU



Noticing who and what surrounds you might show you what's feeding your stress, and what restores you.

- ☐ I leave certain conversations feeling more drained than when I arrived.
- ☐ I keep showing up for relationships that don't show up for me.
- ☐ My home doesn't feel like a place where I can rest.
- ☐ I spend most of my day in a space that keeps me on edge.
- ☐ I rarely spend time with people who leave me feeling more like myself.

MY COUNT:

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The self-check

YOUR ENERGY



Noticing where your energy goes might show you what's really running your day.

- ☐ I hit a wall around 3 or 4 p.m.
- ☐ Coffee gets me started; something sweet keeps me going.
- ☐ I have energy for my responsibilities, but little left for my life.
- ☐ I feel wired and tired at the same time.
- ☐ Most days, I'm pushing through.

MY COUNT:

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Finding

MEANING BEYOND NUMBERS

Look at your counts. The highest one shows you where to start looking. What it could mean for you is yours to discover.



Mostly gut

Your gut may be the first place stress speaks up. What has it been trying to tell you? When you learn its language, your body can become your ally again.

Mostly how you eat

Stress may be making some of your food choices, and that isn't a willpower problem. What would eating feel like if it came from steadiness?

Mostly sleep

Your body may be searching for its off switch. What would waking up with energy in the tank make possible for you?

Mostly how you move

Movement may have become one more demand, or slipped off the list. What kind of movement would give you something back?

Mostly what surrounds you

Some of your stress may start outside of you. What drains you, and what restores you? Noticing the difference is where choosing begins.

Mostly energy

Stress may be doing some of the fueling. It works, until it doesn't. What would you do with energy that came from steadiness instead of pressure?

Checks in every area

Stress may be running through all of it. That's common for driven people, and it's also good news: when your relationship with stress shifts, every area has room to shift with it. Where would you want to feel it first?

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Create

YOUR OWN PATH

You've found where to start. Now see where it could lead. No right answers here, just honest ones.

What did you discover about yourself and your well-being?

If you could improve one thing you discovered today, what would your future self look like eight months from now?

Hold on to that picture. You'll want it for what comes next.

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YOUR NEXT STEP

Noticing is the first step, and I'm glad you took it. The next is the path you just created. What would it take to get there, in the life you actually live? That's what we explore together in the Clarity Call.

WHAT TO EXPECT

The Clarity Call is a supportive 30-minute virtual conversation to explore where you are right now, what your goals are, and what challenges you're facing. We'll also discover what health and wellness coaching could look like for you.



EXPLORE YOUR DISCOVERY

Bring what you discovered and the path you created. Together, we can explore what it means for you and how to make it real. Your next step is one conversation away.

BOOK A CLARITY CALL

Free. 30 minutes. You'll leave with more clarity.

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