

FREE SELF-GUIDED QUIZ



MAS MOVEMENT PILATES – CLINICAL PILATES FOR WOMEN 40+

Find the Cause of Your Pain & *Fix it Yourself*

A self-guided quiz that reveals what's actually driving your pain, and gives you a clear, specific plan for addressing it.

Created by Mindy Stackpole – Certified Clinical Pilates Instructor

Let's Crack the Case *on Your Pain*

Ready to find out what your body has actually been trying to tell you? Good. Before we start, if you've experienced a recent fall, accident, or injury, please get clearance from your doctor first. Your safety comes first.

IMPORTANT

If you've had a recent fall, accident, or trauma, please consult your doctor before working through this guide.

Most people assume pain means something is broken, torn, or damaged. And yes, those injuries happen, but they heal. If your pain has persisted well beyond when an injury should have resolved, something else is going on.

Research now shows that the nervous system itself can become hypersensitive, essentially stuck in alarm mode, generating real, significant pain even when there's no tissue damage present. Stress makes it worse. Poor sleep makes it worse. You may have had an MRI or X-ray showing arthritis or a disc bulge. Those findings are extremely common in people who have no pain.

"Pain is your body's alarm system. But sometimes it misfires."

THE FOUNDATION OF THIS GUIDE

PART ONE

9 questions about the stressors that may be keeping your nervous system on high alert.

PART TWO

9 questions about the daily habits that build resilience and protect against pain.

Identify Stressors That Contribute to Pain

Rate each stressor from 0 (no impact) to 10 (severe impact). Be honest, there are no wrong answers. Write your score in the box on the right.

1-10	Pain Stress 0 = Full control, zero pain 10 = Unpredictable, constant, severe	<input type="text"/>
1-10	Work Stress 0 = Work situation is ideal 10 = Severe stress or anxiety at work	<input type="text"/>
1-10	Family Stress 0 = No family stress 10 = High stress from family relationships	<input type="text"/>
1-10	Friends / Social Stress 0 = Strong social connections 10 = Isolated or serious conflict	<input type="text"/>
1-10	Pain Focus / Behavior 0 = You get on with life 10 = Constantly checking, stretching, obsessing	<input type="text"/>
1-10	Fear of Not Recovering 0 = Confident in full recovery 10 = Fearful of never getting better	<input type="text"/>
1-10	Low Mood / Sadness 0 = Rarely feel down 10 = Diagnosed depression, not well controlled	<input type="text"/>
1-10	Worry Over Scans 0 = Not concerned about results 10 = Extremely worried, researching obsessively	<input type="text"/>
1-10	Other Health Issues 0 = No other health problems 10 = Multiple ongoing health issues	<input type="text"/>
Total Stressor Score Add all nine scores above		<input type="text"/>

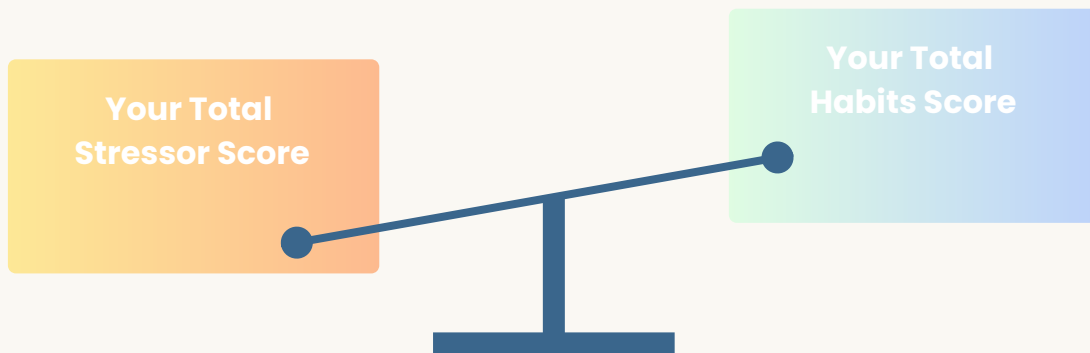
Identify Healthy Behaviors That Build Resilience

Rate each stressor from 0 (not present) to 10 (fully in place). Higher scores here protect against pain. These are your assets.

1-10	Exercise 0 = No physical activity 10 = 1+ hours moderate activity daily	<input type="text"/>
1-10	Family Support 0 = No support, feel alone 10 = Strong, caring family support	<input type="text"/>
1-10	Work Satisfaction 0 = Hate your job 10 = Love your work and colleagues	<input type="text"/>
1-10	Diet / Alcohol / Smoking 0 = Poor diet, smoking, heavy drinking 10 = Whole foods, no smoking, minimal drinking	<input type="text"/>
1-10	Healthcare Support 0 = Unhappy with your care team 10 = Excellent, trusted practitioners	<input type="text"/>
1-10	Time Outdoors 0 = Always indoors 10 = 1+ hours daily outside daily	<input type="text"/>
1-10	Relaxation 0 = No downtime, mind constantly racing 10 = Daily intentional rest	<input type="text"/>
1-10	Sleep 0 = Poor interrupted sleep, wake tired 10 = 7-8 hours, wake refreshed	<input type="text"/>
1-10	Fun / Enjoyment 0 = Nothing feels enjoyable anymore 10 = Daily time for activities you enjoy	<input type="text"/>
Total Healthy Habits Score Add all nine scores above		<input type="text"/>

What Your Score Tell You

Your stressor score and health habits score work against each other like two sides of a scale. The wider the gap between them, the more pressure your nervous system is under, and the more pain you're likely to feel.



STRESSORS LOW · HABITS HIGH



Your nervous system has strong support. If you're still experiencing pain, look closely at which specific stressors scored highest, even small chronic stressors can have an outsized effect over time.

SCORES ROUGHLY EQUAL



You have real protective habits in place, but your stress load is neutralizing them. Small reductions in your highest-scoring stressors will likely have a noticeable impact on your pain levels.

STRESSORS HIGH · HABITS LOW



Your nervous system is under significant pressure with limited recovery. This isn't hopeless, it means there are multiple places where targeted changes can create real relief. Start with one. Just one.

**There is no perfect score, only yours right now;
and what you choose to do about it.**

Set a Goal to Reduce Your Stressors

You've identified what's driving your pain. Now it's time to do something about it. Start small. Start specific.

Pick one stressor to focus on

1

Not all of them. One. Choose something you have at least some control over and can realistically address this week.

Set a goal to reduce its impact – not eliminate it

2

A small, consistent shift in the right direction is worth more than a dramatic change that doesn't stick.

Write your plan

3

What specifically will you do, and when? Name the stressor, name the action, name the day you start. Vague intentions don't become action. Specific plans do.

CURRENT LEVEL

Scale 0-10

DESIRED LEVEL

Scale 0-10

MY PLAN

Write down your specific plan. What will you do, when will you do it, and what might get in the way?

YOU'VE DONE THE WORK

Here's what *comes next*

You now have a clearer picture of what's driving your pain, and a starting point for changing it. For many women, working through this guide is enough to spark real, lasting shifts.

But if you looked at your scores and thought "***I don't know where to start***" or you've tried making these changes before and they didn't stick, that's exactly what I'm here for.

Call or text me directly. We'll talk through your results, figure out what's getting in the way, and decide together whether working with me makes sense. No pressure. Just an honest conversation.



Call or text

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Email me

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Mindy Stackpoole - Certified Clinical Pilates Instructor.

I specialize in helping women over 40 move without pain and stay that way. My semi-private classes in Montrose, CA max out at 3 clients, so every session is coached, refined, and built around you.



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