

Mind Body Healthy's

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Adrenal Fatigue Checklist

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Adrenal Fatigue Checklist

Instructions: Check off each symptom that applies to you in each section.

Section A – High Cortisol

- Racing from one activity to another or feeling like you are
- Feeling tired yet unable to relax or sleep
- Feeling nervous or jittery
- Inability to calm down at night before bedtime
- Getting a second wind late at night
- Difficulty falling asleep
- A feeling of anxiety
- Irritable bowel syndrome (IBS)
- Worrying about things, even those you cannot control
- Anger issues – finding yourself yelling or snapping
- Memory issues and inability to focus
- Sugar cravings including wanting something sweet after meals
- Weight gain around the middle, not related to bloating
- Eczema and thinning of the skin
- Bone loss
- Rapid heart beat and/or high blood pressure
- High blood sugar and possible insulin resistance and diabetes
- Feelings of weakness or shakiness between meals
- Headaches especially if a meal is missed
- Slower recovery from a physical injury than in the past
- Pinkish purple stretch marks on belly or back (not related to pregnancy)
- Menstrual cycles are not regular
- Fertility issues

Section B – Low Cortisol

- Using caffeine to give you energy either in the morning or through out the day
- Falling asleep while reading or watching TV
- Feeling fatigued or burned out
- Loss of stamina especially in the mid- afternoon
- Feeling cynical or having a negative perspective
- Crying for no particular reason
- Lower ability to problem solve
- Everything seems hard to do than it used to be
- Feeling stressed and having trouble coping with it
- Less ability to handle stress
- Inability to fall asleep and stay asleep – may wake up at 3:00-4:00 am in the morning and not be able to get back to sleep
- Low blood pressure
- Standing up quickly and feeling dizzy
- Difficulty fighting flus and colds or healing wounds
- Issues with asthma, allergies or bronchitis
- Blood sugar fluctuations through the day
- Cravings for salt
- Excess sweating
- Feelings of nausea, vomiting or loose stool
- Alternating diarrhea or constipation
- Muscle weakness especially around the joints like knees or elbows
- Muscle and/or joint pain
- Hemorrhoids and/or varicose veins
- Skin bruises easily
- Sudden heart palpitations or irregular heartbeats

Results: 3 or more checks in any one section may indicate the hormone issue associated with that section. 5 or more checks may warrant seeing a practitioner to get your hormones tested and check for other health issues. Don't be surprised if you have issues in more than once section as each hormone can affect another. Supporting the health of all hormones with good diet and lifestyle choices is the goal.