**Stress and Cortisol Assessment**

Complete the following checklist. If you circle “Yes” to three or more of these questions, you should consider testing your adrenals (cortisol levels) and prioritizing stress management.

1. Do you feel “tired but wired”? Especially in the evening. Usually high night-time cortisol

* yes
* no

2. Do you wake up tired, even after sufficient hours of sleep (i.e. at least seven hours)? Signs of low or high cortisol

* yes
* no

3. Do you have weight gain around the middle of your abdomen? Caused by prolonged periods of high cortisol

* yes
* no

4. Do you have chronic pain of any type or allergies? All of which are body stresses that affect the adrenals

* yes
* no

5. Have you experienced a high level of stress in the past five years, or have you been exposed to high stress in the distant past, and your health has changed since then? This includes emotional stress, family stress, job stress, and big life changes (e.g. marriage, death in the family, moving).

* yes
* no

6. Are you always tired, but your blood work for thyroid, iron and vitamin B12 are normal? This can be a sign of low or high cortisol.

* yes
* no

7. Do you find that your tolerance for stress is very low, meaning that you overreact to small stresses? Can be high or low cortisol

* yes
* no

8. Do you have symptoms of thyroid disorder (e.g. fatigue, weight gain, feeling cold, hair loss, dry skin, constipation, or frequent colds), but your blood tests are still normal? Common symptoms of adrenal fatigue

* yes
* no

9. Do you have anxiety and/ or panic attacks? Anxiety can both cause adrenal stress and be an effect of high or low cortisol.

* yes
* no

10. Do you have to eat every 1 – 3 hours or suffer from hypoglycemia? A symptom of dysregulated blood sugar and cortisol

* yes
* no

11. Do you experience dizziness when you stand up quickly? A sign of low cortisol

* yes
* no

12. Do you have difficulty falling or staying asleep at night? High night-time cortisol may be the cause.

* yes
* no

13. Has your menstrual cycle changed (e.g. heavier flow, lighter flow, more frequent, less frequent, or less regular), especially if this follows a prolonged period of stress?

* yes
* no

14. Do you have premature menopause symptoms (before age 45), including hot flashes, night sweats, or changes in your menstrual cycle?

* yes
* no

15. If you are past menopause, have your symptoms lasted for more than five years without relief? A common symptom of adrenal fatigue

* yes
* no

16. Do you workout too much? Exercising the point of exhaustion, or training intensely without scheduled breaks? Do you feel fatigued after exercise? Over-exercising can cause high cortisol.

* yes
* no

If you experience three or more of these symptoms regularly, and you have been exposed to high levels of stress or chronic pain or illness, you likely need support for your adrenal glands.