



## Adrenal Stress Profile Questionnaire

Everyone experiences stress of one form or another and we know that stress can be healthy and keep us productive. However when stress increases to the point where it accumulates and starts to impact our health negatively, we can experience adrenal burnout. This occurs far too often in our society. Some of the symptoms include: **weight gain, irritability, fatigue, insomnia, and mood swings.** If any of that sounds familiar, take the following questionnaire to identify your personal stress level.

- I experience problems falling asleep.
- I experience problems staying asleep.
- I frequently experience a 2<sup>nd</sup> wind (high energy) late at night
- Throughout the day, I have energy highs and lows.
- I feel tired all the time.
- I need caffeine (coffee, tea, cola, etc.) to get going in the morning.
- Bedtime is usually after 10 pm.
- I rarely get 8 hrs. of sleep at night.
- I am easily fatigued.
- Things I used to enjoy are not that much fun any more.
- My sex drive is lower than it used to be
- I often have depressed feelings or have recently been feeling more depressed, sad, or lack motivation
- I feel low energy or foggy and disoriented if I skip meals
- I used to handle stress better than I do now.
- I am more easily irritated or upset.
- I've had some stressful major life events (i.e. death of a loved one, divorce, job loss, new baby, new job, etc.)
- I work all the time and don't spend much time in play or relaxation.
- I crave sweets
- I frequently skip meals or eat sporadically.
- I am aware of increased physical complaints such as muscle aches, headaches, or have had more frequent colds than I used to.