

# ADRENAL STRESS PROFILE QUESTIONNAIRE

Everyone is under one form of stress or another, and a certain amount of stress can be healthy and keep us productive. However, extreme stress can accumulate and start to negatively impact our health, leading to adrenal burnout. Adrenal burnout is all too common in our society. Some of the symptoms include: **fatigue, weight gain, insomnia, irritability,** and **mood swings**. If you suffer from any of these conditions, take the following questionnaire to identify your personal stress level.

Next to each question assign a number between 0 and 5. You should assign values as follows:

**0 = Not true**

**3 = Somewhat true**

**5 = Very true**

Once you have completed the questionnaire calculate your total and locate the range you fall under on page two.

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|----------------------|--|
| <input type="text"/> | 1. I experience problems falling asleep.   |
| <input type="text"/> | 2. I experience problems staying asleep.   |
| <input type="text"/> | 3. I frequently experience a second wind (high energy) late at night.  |
| <input type="text"/> | 4. I have energy highs and lows throughout the day.  |
| <input type="text"/> | 5. I feel tired all the time.  |
| <input type="text"/> | 6. I need caffeine (coffee, tea, cola, etc.) to get going in the morning.  |
| <input type="text"/> | 7. I usually go to bed after 10 pm.  |
| <input type="text"/> | 8. I frequently get fewer than 8 hours of sleep per night.   |
| <input type="text"/> | 9. I am easily fatigued.   |
| <input type="text"/> | 10. Things I used to enjoy seem like a chore lately.   |
| <input type="text"/> | 11. My sex drive is lower than it used to be.  |
| <input type="text"/> | 12. I suffer from depression, or have recently been experiencing feelings of depression such as sadness or loss of motivation. |
| <input type="text"/> | 13. If I skip meals I feel low energy or foggy and disoriented.  |

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|--|---|
|  | 14. My ability to handle stress has decreased.  |
|  | 15. I find that I am easily irritated or upset.   |
|  | 16. I have had one or more stressful major life events ( <i>i.e.</i> : divorce, death of a loved one, job loss, new baby, new job). |
|  | 17. I tend to overwork with little time for play or relaxation for extended periods of time.  |
|  | 18. I crave sweets.   |
|  | 19. I frequently skip meals or eat sporadically.  |
|  | 20. I am experiencing increased physical complaints such as muscle aches, headaches, or more frequent illnesses.                    |

### Scoring Your Adrenal Stress Profile:

It is important to note that this is not a diagnostic test and should not be used to diagnose any conditions. It is simply a tool to help assess your likely level of adrenal burnout.

#### If you scored between:

- 0 - 29 You are in good health.
- 30 - 39 You are under some stress.
- 40 - 49 You are a candidate for adrenal burnout.
- 50 - 59 You are in adrenal burnout.
- 60 + You are in severe adrenal burnout. \***

\*If you scored 60 or higher it is important that you take immediate steps to correct this condition to prevent further adverse effects on your health.

If you have scored 40 or higher you are in adrenal burnout and may at some point experience symptoms such as fatigue, weight gain, insomnia, irritability and mood swings.

## What is Adrenal Burnout?

Your adrenal glands produce your stress hormones or “adrenaline,” the main one being cortisol. Cortisol is released in response to stress. It gives your body a surge of energy to help you respond properly. Stress can come in many forms.

- **Physical stress** - such as an injury or accident.
- **Emotional stress** - such as a demanding career, the birth of a new baby, or the death of a loved one.
- **Environmental stress** - such as pollution, pesticides, or carcinogens.

There are also hidden forms of stress such as inflammation or infections in the gastrointestinal system and food allergies.

Whatever the form of the stress, the adrenal glands are the first to react. If there is a period of prolonged stress, eventually the adrenal glands burn out and are no longer able to produce the amount of cortisol that is required by the body. At this point you may begin to experience symptoms such as fatigue, insomnia, weight gain, irritability and an inability to cope with stress.