

## *Adrenal Fatigue Assessment Quiz*

**Answer the following questions, circling the questions you answer \*Yes\* to.**

**At the end, tally how many \*Yes\* answers you circled to interpret your results.**

1. I have gained weight or found it more difficult than usual to lose weight using my usual strategies for more than 6 months.
2. I wake up tired most days
3. I feel that I am in a brain fog often, or have noticed difficulty remembering small day-to-day things that I normally would not forget.
4. I have blood sugar imbalances or feel I need to eat frequently to support my energy level.
5. I have become pre-diabetic or diabetic.
6. I am concerned I might have chronic fatigue.
7. I have trouble falling asleep.
8. I have trouble staying asleep.
9. I feel “tired-but-wired” in the evenings.
10. I am having some digestive issues, like irritable bowel, constipation, stomach upset or heartburn.
11. I am developing food allergies or sensitivities that I did not used to have.

12. I crave sugar!
13. I crave carbohydrates like chips, pretzels, rice, potatoes, bread!
14. I crave salty foods all the time.
15. I need caffeine in the mornings to get going.
16. I feel like my metabolism has been slowing down lately.
17. I take blood pressure medication... or my blood pressure is higher than I'd like it to be ideally (even if I do not have to take medication for it.)
18. My thyroid is sluggish or I am on thyroid medication.
19. I am more irritable than I'd like to be lately.
20. I struggle with anxiety.
21. I feel a sense of depression.
22. I am experiencing more moodiness lately.
23. My energy crashes or slumps in the afternoons.
24. I can't seem to stay calm even though I try hard to calm myself down or relax my thoughts each day.
25. I feel like I have to push through my days.
26. I get a second wind in the early evenings around 6 or 7 pm and feel more wired at night when I am supposed to be winding down.
27. My body shape is changing to be more of an apple shape... my abdomen seems to be getting thicker and my arms and legs losing a bit of muscle mass over the past several months or years.
28. My skin and hair feels as though they might be thinning.
29. I feel colder lately.

30. My shoulders slump or seem more rounded than they used to.
31. I work more than 10 hours in a 24 hour period.
32. I have had to take on extra hours at work lately, more than I was scheduled to work.
33. I work more than 40 hours in a week.
34. I work evening or night shift hours.
35. In the past few months, I have had to return to work with fewer than 12 hours off since I left work.
36. At work I do not take breaks.
37. I would describe my work as high paced.
38. I experience emotional or mental strain when I am working.
39. In the past month, I have had to work when I was scheduled to be off.
40. I have difficulty staying awake while I am at work.
41. I feel drowsy when I am driving to or from work.
42. I routinely sleep less than 7 hours a night.
43. I work even when I feel sick.
44. My mood changes when I am at work.
45. My mood crashes when I get home.
46. I am working more than one job.
47. I was abused physically, emotionally, or sexually in the past.
48. I have experienced a traumatic event in the past.
49. I have experienced a traumatic event recently.
50. I have had a big life change in the past few years.

51. I have had a big change in a personal relationship or with a family member in the past few years (death, divorce, marriage, estrangement, etc...)
52. I have significant financial stressors that are very stressful to me daily.
53. I have moved or relocated or changed jobs in the past few years.
54. In general I feel run down.
55. In general I feel overwhelmed.

How many \*Yes\* answers did you circle? \_\_\_\_\_

**Less than 10 yes answers:** Although you might have a stressful circumstance or issue going on in your life, you do not appear to be in flagrant or severe Adrenal Fatigue at this time. Although nurturing your adrenal glands is always a good idea to do periodically, you are handling the ebb and flow of life quite well!

**10 - 15 yes answers:** You may be in the early stages of Adrenal Fatigue, likely in Stage 1, which is quickly and easily reversed. Nurturing your adrenal glands will help return your energy and health more quickly and help you recover from any trauma or stress in your past. Measuring your Adrenal Stress Hormones may be helpful to further identify the severity of your Adrenal Fatigue.

**15 - 20 yes answers:** You are likely to be in cumulative Adrenal Fatigue, possibly in Stage 2 or (if these issues have been persisting longer than 6 months) Stage 3. Taking immediate action to shift your lifestyle, support your adrenals nutritionally, being very protective about high quality sleep, and finding more support from your loved ones (and in your work

environment!) while you heal is crucial. Adrenal Fatigue at this stage may require 3 - 6 months or longer to fully repair. Measuring your Adrenal Stress Hormone and working with a health care practitioner (hello! I'd love to!) for the next few months may be helpful to further identify the severity of your Adrenal Fatigue and reverse it.

**20 + yes answers:** You might be in Stage 3 of Adrenal Fatigue or even Adrenal Failure. It's crucial to get more support and to make significant changes in your lifestyle to support the health of your body right away. This class is a perfect first step so you can understand the huge variety of things you can do to support yourself better and so you can identify what is going on that is causing such strain in your daily life. You can absolutely heal Adrenal Fatigue, even Adrenal Failure, now that you are choosing to address it head on. You may find that measuring your Adrenal Stress Hormones is helpful to further identify the severity of your Adrenal Fatigue, as well as working directly with a health care practitioner who can support you for the next 6 months or longer in reaching your long term health goals. I would love to facilitate this with you personally, as well as urge you to continue to touch base with your in-person physician for a full physical examination so that you have many different avenues of support!

Healing your Adrenal Fatigue is just a matter of taking one step at a time, and going back to basics of nurturing your body and facilitating stress recovery.

We will take that next step together, tomorrow, starting with discussing nutritional support.



*xoxoxox, Laura*

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