



# Adrenal Stress Questionnaire

Check all that apply:

1.  Stressful events occurring that affect well-being
2.  I drive myself to exhaustion
3.  Work and overwork with little time for recreation, vacation
4.  Weight gain around the middle
5.  Frequent upper respiratory infections
6.  In the past 10 years, have taken Rx steroids for more than 10 days
7.  History, or current, excessive alcohol or recreational drug use
8.  Sensitive to perfumes, gasoline, dust, mold, pollens
9.  Been diagnosed with a chronic, or autoimmune, disease
10.  Have post-traumatic stress syndrome
11.  Decreased cognitive ability, not thinking as clearly
12.  Get shaky when angry or am under stress
13.  Chronically fatigued
14.  Need to lie down and rest frequently
15.  Can feel weak all over, "the plug gets pulled"
16.  Hard to arise in the morning and feel better after 3-4 hours
17.  History or current, asthma; reactive airway, respiratory allergies
18.  Require coffee to get the day started
19.  Crave salt
20.  Unhappy relationships affect my "joy"

\_\_\_\_\_ Total number of statements checked

**Scoring:** 0-3: Managing stress well; 3-6: Stress is affecting your metabolic processes—need to improve; 6 or more: Severe stress. Need remedial action.

**Nutrition Tip.** Natural health practitioners specialize in adrenal support and employ vitamins, minerals, botanicals, and nutritional factors (vitamin C, zinc, selenium, vitamin B-5, methylation donors, and mitochondrial energy support) with supplements. The general pace of life and emotional demands of the 21<sup>st</sup> Century emphasize that people support their adrenals with daily supplementation with certified organic, whole plant, vitamins/minerals/fatty acids.