



**JENNINGS**  
HOLISTIC HEALTH COACHING

# ADRENAL STRESS QUIZ



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# ADRENAL STRESS QUIZ

FOR EACH SYMPTOM, RATE A RESPONSE FROM 0 TO 3 BASED ON HOW OFTEN YOU EXPERIENCE IT. ADD ALL SCORES TOGETHER

0 = NEVER; 1 = WEEKLY; 2 = DAILY; 3= SEVERAL TIMES PER DAY

## SECTION 1

- Anxiety
- Depression
- Frequent urination
- Fidgety
- Hard to concentrate
- Headaches
- Irritability
- Jaw pain or teeth grinding
- Lack of joy or enthusiasm
- Diminished memory
- Picking at skin or fingernails
- Poor sleep
- Sighing frequently
  
- Total



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## SECTION 2

- Allergies worsening
- Blurred vision
- Blood pressure too low or too high
- Fatigue throughout the day
- Facial swelling
- Heart rate rapid even when resting
- Intolerance to cold weather
- Mid-body weight gain
- Muscle cramps
- Muscular weakness
- Neck stiffness
- Sensitivity to bright lights
- Shaking hands
  
- Total



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## SECTION 3

- Caffeine needed each morning
- Frequent constipation
- Cravings for heavy or fatty foods
- Frequent dehydration
- Fatigue in the afternoon
- Gas and bloating
- Regular heartburn
- Irregular stools
- Irritability when meals are delayed
- Joint pain
- Nausea
- Salt cravings
- Sugar cravings
  
- Total

**Add all totals together to get your final score.**

**Total score: \_\_\_\_\_**

# INTERPRETING YOUR SCORE

## 0-15 = THRIVING

You are in a good state of health. You can do any exercise you like because you are recovering well and your immune system is strong. This level is our objective.

## 16-30 = STRESSED

You may find that you can be short or grumpy with people and may go through waves of energy highs and lows during the day. You may wake during the night and find your mind racing. Cravings may also be quite normal for you during sugar crashes.

## 31-45 = WIRED & TIRED

You may find it hard to get going in the morning and rely on coffee. You may also find it hard to fall asleep and find your sleep is unrefreshing. Your normal hormonal patterns are completely out of whack. You can expect a one to three week minimum recovery period.

## 46+ = CRASHED

You have been under stress for a sustained period of time. Your job is to recover - forget about weight loss right now. If your lifestyle does not change, your body will make up its mind for you eventually. It's time to reduce your amount of commitments immediately. There is a recovery period of at least six to eight weeks minimum when you make your health a priority. Think about toxic relationships, your diet, your environment and your sleep. As far as exercise goes, high intensity, high impact exercise is the last thing you should be doing.