Adrenal Fatigue Quick Check

()Difficulty getting up in the morning ()Continuing fatigue, not relieved by sleep and reset ()Lethargy, lack of energy to do normal daily activities ()Sugar craving ()Allergies ()Digestion problems ()Increased effort needed for everyday tasks ()Decreased interest in sex ()Decreased ability to handle stress ()Increased time needed to recover from illness, injury or traumas ()Light-headed or dizzy when standing up quickly ()Low mood ()Less enjoyment or happiness with life ()Increased PMS ()Symptoms worsen if meals are skipped or inadequate ()Thoughts are less focused, brain fog ()Memory is poorer ()Decreased tolerance for stress, noise, disorder ()Don't really wake up until after 10:00am ()Afternoon low between 3:00pm and 4:00pm ()Feel better after dinner ()Get a "second wind in the evening, and stay up late ()Decreased ability to get things done - less productive ()Have to keep moving - if I stop, I get tired ()Feeling overwhelmed by all that needs to be done ()It takes all my energy to do what I have to. There's none left over for anything or anyone else.

Important things to do and not to do to recover from adrenal fatigue:

AVOID THESE:

*Pushing yourself to exhaustion *Sugar, caffeine, & junk food *Skipping meals *Eating carbohydrates by themselves *Staying up late and catching your "second wind" *Arising early if you don't have to *Food that you react to or are allergic to *Drinking sodas, coffee, alcohol, juice *Making someone else responsible for you health *People who steal your energy *Taking care of everyone and everything else *Feeling guilty about caring for yourself *Excessive seriousness *"The grind" *Aggressive exercise

DO THESE:

*Pace yourself *Eat real, whole, fresh foods *Be compassionate and kind to yourself *Eat every two hours *Eat a combination of carb, fat, and protein *Get to bed by 10:00-11:00pm *Sleep until 7:00-8:00am when possible *Eat balanced, nutritious food *Drink water, herbal teas *Become empowered and informed about your health *Be with people who are concerned for your wellbeing and are helpful in your recovery *Take care of and nurture yourself *Find an inner balance and sense of peace with taking care of yourself *Find things that make you laugh *Do things you enjoy *Mild to moderate exercise