



Adrenal Fatigue aka Burn Out Symptom Checklist

- Insomnia
- Sleep issues - struggle to fall asleep, wake up in the early morning and unable to get back to sleep
- You need coffee or other stimulates to help you get going in the morning
- Are you tired in the morning, even though you have had plenty of sleep?
- Sweet and/or salty cravings
- Light headiness and/or dizzy spells
- You want to nap in the afternoon
- Feel more awake at night time
- Feel like you are running on adrenaline
- Anxiety
- Low mood or depression
- Fatigue
- Brain fog and/or difficulty concentrating
- Fluid retention
- Low libido
- Low-stress tolerance
- Muscle cramping, eye twitching or restless legs
- Weakened immune system - pick up illnesses easily
- Weight gain or loss
- Bloating
- Constipation
- Diarrhoea
- Nausea
- Slower to recover from injury or illness
- Easily irritated and agitated
- Lack of motivation
- Increased allergies
- Premenstrual Syndrome
- Hormonal Imbalance - menstrual irregularities, infertility, male menopause and polycystic ovary syndrome
- Pain - muscle or joint
- Inflammation - can be severe