

Stress Hormone **OVERDRIVE**

Cortisol levels are elevated, or high when they should be low.

Fatigue
"Tired and wired"
Afternoon slump or need for coffee and/or sugar
Sugar cravings
Fat and salt cravings
Poor will power
Brain fog
Poor memory
Decreased concentration
Anxiety
Irritability
Depression
Feeling overwhelmed
Insomnia
Difficulty staying asleep
Frequent night awakenings
Waking up tired
Weight gain
Difficulty losing weight
Low/ no libido

Stress Hormone **BURNOUT**

Cortisol levels are low, or low when they should be high.

Fatigue
"Crash and burn"
Increased energy in the evenings
Sugar and carbohydrate cravings
Dependency on caffeine
No morning appetite
Brain fog
Poor memory
Low motivation or ambition
Decreased concentration
Irritability - over-reactive
Depression
Frequent colds and infections
Muscle and joint aches, pains and inflammation
Difficulty rising in the morning
Fatigue even with adequate sleep

