

THE HORMONE TRIFECTA: HEALING ANXIETY, WEIGHT GAIN, & FATIGUE

Take the Anxiety Quiz.

Keep track of the questions you answer "YES" to...

- Do you have feelings of low self-esteem and lack of confidence?
- Do you often feel worried or fearful?
- Do you have obsessive, repetitive, angry, or useless thoughts that you just can't turn off - for instance, when you're trying to get to sleep?
- Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible?
- Are you a perfectionist, or a control freak? A computer, TV, or work addict?
- Do you tend towards irritability, impatience, feeling edgy or angry?
- Do you tend to be shy?
- Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving the house, or anything else?
- Do you experience excessive self-criticism?
- Have you had anxiety attacks or panic attacks?
- Do you feel overwhelmed or stressed?
- Are you unable to relax or loosen up?
- Do you feel burned out?
- Do you get PMS or menopausal moodiness (tears, anger, depression)?
- Do you dislike hot weather?
- Are you a night owl, or do you often find it hard to get to sleep even though you want to?
- Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?
- Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evening, or in the middle of the night (but not earlier in the day)?
- Do you find relief from any of the above through exercise?
- Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain, tension, and grinding associated with your jaw?)

Total number of "yeses": _____