

Heal My Adrenal Fatigue

E-COURSE WITH KERRY ROWETT

www.healmyadrenalfatigue.com



PRE-COURSE MODULE

So what is adrenal fatigue?

Welcome!

Thanks so much for joining me to learn a little more about adrenal fatigue. You can listen in to my live call recording on this topic here: <http://app.webinarjam.net/replay/1473/b2bfdc8ad5/0/0>.

These notes are designed to support the call, and help you recall the key elements of adrenal fatigue I discuss, and to help you feel empowered to start to make your own changes.

The call and these notes include more theoretical information about adrenal fatigue. The www.healmyadrenalfatigue.com e-course is predominantly practical, and gives you the opportunity to learn from a wide range of experts on the topic of adrenal fatigue and boosting your energy. There are video interviews in each module, and you receive a workbook like this one, which helps to break down your learning.

The course is designed to be gentle and supportive. When I created it I remembered exactly what it felt like to be exhausted and I kept that in mind with the way the content is presented!

Whether you know you have adrenal fatigue and have been on a healing pathway for a while, have just arrived in a place of burnout now, whether you're chronically stressed or just feeling more tired than you feel like you might, I hope the call and these notes are a support on your journey.

And if you want to go further, join us at www.healmyadrenalfatigue.com.

Take care,

Kerry xx

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So what is adrenal fatigue?

LET'S HAVE A LOOK THE SYMPTOMS

Adrenal Fatigue is syndrome with a wide range of signs and symptoms including tiredness and exhaustion, often you might be really tired in the morning, take a while to get going and maybe rely on coffee for an energy boost, then you might get an energy spurt at the end of the day. If you don't go to bed by around 10:30 you might find it's then hard to get to sleep.

Other symptoms are things like frequent colds, coughs or bronchitis, dizziness when standing, hypoglycaemia symptoms such as blurred vision, nausea and feeling faint, inability to handle stress and pressure, clouded, fuzzy thinking, salt and sugar cravings.

You might experience weight gain, especially around the stomach, or finding it hard to lose weight, feelings of depression and/or anxiety, insomnia, muscle tension, neck aches or increased allergies.

You can start relying on coffee and sugar or other stimulants, feel full or bloated (not necessarily food related) and experience headaches and slow recovery from illness.

Ordinary stressors can have an impact that seems out of proportion to their importance. You might feel irritable and short with people, or like everyone is going way too slow.

To heal from adrenal fatigue requires an investment of time, energy and probably money. There is no other way.

Sources of stress

EMOTIONAL STRESS - negative or positive - unrelieved pressure at work or home, severe trauma, death of close family member or friend, loss of job, sudden change in financial status, ongoing financial stress, moving house, arguments, breakup, rejection, new baby

CHEMICAL STRESS - intolerances, allergies, drugs, alcohol, sugar, coffee

PHYSICAL STRESS - digestion, organs, injury, over training or no exercise, marathon, colitis, head trauma, surgery, respiratory infections, working too hard, too many hours, long term illness

INTERNAL STRESS - attitudes + beliefs

The one big thing I have learnt about adrenal fatigue since I ran the course in 2013

If you have developed symptoms of adrenal fatigue there is likely to be something BIG going on. So yes, you need to make lifestyle changes. Yes, you need to learn new ways to nurture yourself.

But you must look at what's really going on that has led you to push yourself so far beyond your limits and to ignore what your body has been telling you for some time. This is the tough-love component. You might need to make some difficult decisions.

What kinds of things have come up for clients as deeper issues that have contributed to the creation of adrenal fatigue and must be addressed?

- Ignoring a BIG decision you need to make
- Living under unsustainable stress that MUST change
- Enduring a dysfunctional and/or abusive relationship (that probably needs to end, despite any and all of your efforts to stabilise, change or heal it)
- Harboring unprocessed emotions from an abusive childhood or past abusive relationship/s, including relationships with narcissists. Please see: <http://awakenkinesiology.com/what-you-need-to-know-about-narcissistic-personality-disorder/>
- Living in a constant state of fear or anxiety due to acute or chronic financial stress and needing to get some solid professional advice on this and/or make some big lifestyle changes
- Working in a dysfunctional workplace with completely unreasonable expectations/ hours/ bosses/ politics
- Deep seated issues around self-worth or self-esteem that mean you only feel valuable + worthwhile when you are doing and achieving
- Chronic stress due to taking excessive responsibility for others + rescuing other people in your life who may be making financially irresponsible decisions, losing jobs, spending periods of time unemployed and putting you under pressure to cover their expenses, creating dramas or making other poor choices. Yes there is a balance that goes on in relationships, but if you're taking excessive responsibility, there can be co-dependence going on here
- Continually ignoring your own limits + boundaries because x, y, z

Lifestyle changes will only go so far if you are dealing with one or more of these issues.

Also, personality types really contribute.

I wrote a blog post about this towards the end of 2012 which really struck a cord with a lot of people. Although none of us really wants to give ourselves adrenal fatigue, certain personality traits can definitely contribute.

Who would really want to give themselves adrenal fatigue?

Presumably, no one.

However, you'd never know that by the way that some of us sometimes behave.

In my Kinesiology practice I work with many high achievers and perfectionists and I get to see the many ways in which we might contribute to the symptoms of adrenal fatigue that a lot of my clients experience.

Are you ready? Want to give yourself adrenal fatigue?

HERE'S WHAT TO DO:

- Set unrealistic goals for yourself.
- Beat yourself up if you don't achieve them.
- If you do achieve them, don't reward yourself. Maybe the goal wasn't as hard as you first thought. And besides, you should have been there already. Set a new goal RIGHT AWAY and get back to work!
- On that point, stay focused on the future. You might be able to enjoy yourself then, if you achieve enough.
- When you're not focusing on the future, worry and obsess about the past. If you think about it enough, you might just be able to change it (no one has done this to date, but it still could happen!)
- Believe that you're not good enough. Strive to maybe one day be good enough, mostly for yourself, by working harder.
- Think a lot about what you SHOULD be doing. Don't worry about whether you want to do that thing, or if it feels good for you. Stick to the shoulds!
- Make "busy" your criteria for success. How are you? "Busy." What have you been up to? "I've been busy." Just keep going. You're probably on your way to success! You must be, you're busy, right??
- Be hard on yourself. It might be a nice idea to be gentle with yourself, but we all know where that ends up: LAZINESS! If you start being nice to yourself, you might never achieve anything ever again. Don't take that risk
- Aim for perfection, in everything. It might be impossible, but don't let that deter you!

Take a look at the whole post:

<http://awakenkinesiology.com/how-to-give-yourself-adrenal-fatigue/>

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Stress response

Hypothalamus perceives stress, sends message to the pituitary gland which then sends a message to your adrenals to go into fight or flight - we release stress hormones - adrenaline, noradrenaline and cortisol.

Designed to be a short-term response, followed by recovery. The problem arises when we spend too much time in this state, without sufficient relaxation.

Cortisol imbalance

One of the things that's actually going on in adrenal fatigue is that we have created a cortisol imbalance.

Low in morning - wake up tired, snooze button hitters, need coffee

High in morning - sleep but feel like they didn't get enough rest

High at night - can't get to sleep, mind active

Naturopath can test if you wish.

There are different stages of adrenal dysfunction.

When your symptoms are mild, your adrenal glands are producing stress hormones too often, with little or no downtime for your parasympathetic nervous system to bring relaxation and balance. In this phase you'll tend to feel more wired.

In the moderate phase of adrenal dysfunction, your adrenals are still flooding your body with stress hormones, but they're beginning to get depleted, so you feel tired and wired.

In the severe phase, your adrenal fatigue glands are completely depleted and you mainly just feel tired.

Lifestyle plays a part too and some lifestyles are more stressful than others.

In the book: *Adrenal Fatigue* by James Wilson, he describes some components of a lifestyle that lead to adrenal fatigue:

- lack of sleep
- poor food choices
- staying up late even though you're tired
- constantly driving yourself
- trying to be perfect
- staying in no win situations over time
- lack of fun and enjoyment

Examples of lifestyles leading to adrenal fatigue:

- mother with two or more children or a single parent
- unhappy marriage or relationship
- self-employed with a new or struggling business
- too many work hours - certain careers - architecture, media, advertising, law
- studying and working

All of us experience stress. Some stressors we can minimise, but some we can't. We DO need to give ourselves the chance to switch off our stress response, to relax and restore our energy. We can't just have one speed - go. It doesn't work.

You can make lifestyle changes if you recognise symptoms.

Marcelle Pick, author of “*Is it me or my adrenals?*” describes the kind of exhaustion you might feel this way.

1 - HIGH ACHIEVER (RACEHORSE) - Speedy and energised all day with high levels of stress hormones that keep you alert. Those same excess hormones can create a lot of unwanted symptoms - excess weight, particularly around your stomach, digestive issues, blood pressure irregularities, irritability, sex hormone imbalances that can create issues with PMS, periods, fertility.

2 - HARD WORKER - (WORK HORSE) - Exhausted in the morning and find it hard to get up - low levels of cortisol. Drink coffee but still feel exhausted. At night, feel more awake. Can't fall asleep or stay asleep, heart pounds, anxious. Common issues - weight gain, decreased sex drive, thyroid issues, digestion, sometimes depression.

3 - BURNT OUT - (FLAT LINER) - Either pattern we just talked about can end up exhausted and struggling to get through the day and focus on the basics of caring for yourself and family and balancing everything.

5 action steps you can take now

Action step 1 - ground - get outside, spend some time in nature, slow down.

Action step 2 - if you're drinking coffee, and relying on sugar, start to cut back.

Action step 3 - take 10 breaths.

Action step 4 - ask yourself - what makes me happy? Write a list. Can be small things - burning a candle, taking a bath, preparing a nice meal

Action step 5 - starting to look out for pictures you can use to create a vision board of what you really want in your life.

Learn more about approaches to healing adrenal fatigue at:
www.healmyadrenalfatigue.com

Thanks for joining my free call!

Email me if you have any questions: kerry@awakenkinesiology.com

Wishing you so much love and healing,

Kerry xx

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