

Bright Families

ADRENAL SUPPORT WORKBOOK



This workbook is designed to accompany our adrenal support class, help you capture your ideas both during and after, and provide an easy reminder of your plan moving forward.

All of the pages can be printed and used more than once as your plans develop, and the assessment pages can provide a measure of your progress as you compare your energy, mood and other symptoms from one month to the next. The more clear and honest you can be, the more you will see what should be addressed first, what are the major stressors, and where your mind affects your skills and habits. Remember that it takes months for a habit to feel natural, and years for it to feel like part of who you are.

Adrenal health requires sleep, rest, reduction of stress, eating nutritious foods, avoiding irritant foods, choosing appropriate supplements, supporting the gut, saying no, slowing down, setting boundaries about time and energy, setting boundaries and maintaining healthy relationships, choosing restorative and creative pursuits, and receiving love and care from others.

ASSESSMENT

Track your current state here so you can compare 6 and 12 weeks from now and celebrate improvements. What symptoms are most noticeable or troublesome right now?

How are you? Physical Signs

	Never	Rarely	Sometimes	Usually
I feel good in the morning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like exercising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sleep well at night.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy nutritious food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have energy throughout the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How are you? Emotions

	Never	Rarely	Sometimes	Usually
I can handle my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can manage stress and surprises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive outlook on life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy my home and family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



ACTION STEPS

Gathering ideas to build a daily and weekly plan

The best list of nutritious meals and good habits from someone else isn't the list you'll actually do. What is reasonable right now? What do you like to do?

What nutritious foods do I really enjoy and could eat several times per week?

When and how can I plan for rest and mental refreshment in my day?

What help can I ask for? What boundaries can I set? What can I re-frame?

WEEKLY CHECKLIST

Physical

- ☐ Light, non-cardio exercise
- ☐ Tackle one small area of the house
- ☐ Get outside barefoot
- ☐ Set up something pretty
- ☐

Emotional

- ☐ Write down good events
- ☐ Listen to favorite music
- ☐ Connect with a friend
- ☐ Laugh at something
- ☐

MY ADRENAL PLAN

Think realistically about what is doable for you right now at different times of day;
even executing a plan imperfectly is better than having no plan!

Morning – hydration, movement, journaling, prayer, food

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Mid-day – hydration, food, mental boost, and recharge

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Evening – Prepare, relax, reflect, and set up sleep

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A VISION FOR HEALING

Your gut sense of what progress would look like, and how you imagine it would play out, is a valuable piece in encouraging yourself and sticking with your plan. Use this page to note any words, behaviors, habits, home signs, physical signs, and emotional signs that would be most meaningful. How would you like to feel? How much energy do you expect to have? How will others adjust to your requests for help, boundary setting, taking time to rest, simplifying routines? What skills might they develop?

6 WEEKS

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12 WEEKS

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6 MONTHS

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