

Cortisol Self-Assessment

This self-assessment is not a medical test and is not intended to diagnose any condition. It is designed to help you observe how stress may be affecting your body, energy, mood, sleep, and daily functioning. Answer based on how you have felt over the past 2–4 weeks.

Scoring: 0 = Not at all 1 = Occasionally 2 = Often 3 = Almost always

Statement	0	1	2	3
I feel tired even after a full night of sleep				
I rely on caffeine to function during the day				
I feel wired, anxious, or on edge				
I have trouble falling asleep or staying asleep				
I wake up feeling unrefreshed				
I crave sugar or quick carbs when stressed				
I notice stubborn belly weight or stress-related weight gain				
My digestion feels off (bloating, constipation, discomfort)				
I feel emotionally reactive or easily overwhelmed				
I have difficulty relaxing or shutting my mind off				
My stress tolerance feels lower than it used to be				
I carry tension in my jaw, neck, shoulders, or back				
I feel motivated but exhausted at the same time				
I feel like I'm running on adrenaline rather than real energy				

After completing the assessment, add up your total score. Lower scores generally indicate a more balanced stress response, while higher scores may suggest chronic stress patterns or cortisol dysregulation. Use this score as your baseline. Repeat the assessment after 30 days to observe changes.