



THYROID & MENTAL WELLNESS

Client Fact Sheet + Self-Check Quiz



by Kristen McClure

Understanding Your Thyroid

What Does the Thyroid Do?

Your thyroid is a small gland in your neck with a big job. It helps regulate your:

- Energy
- Mood
- Focus
- Metabolism (weight, digestion)
- Temperature control
- Hormonal balance

It produces hormones (T3 and T4) that act like your body's internal power supply—including for your brain and nervous system.



! Common Signs of a Sluggish Thyroid (Hypothyroidism)

- | | |
|--|--|
| ☐ ☒ Fatigue (especially in the morning) | ☐ ☒ Brain fog or forgetfulness |
| ☐ ☒ Depression or low mood | ☐ ☒ Feeling cold, even when others aren't |
| ☐ ☒ Dry skin or thinning hair | ☐ ☒ Constipation or bloating |
| ☐ ☒ Unexplained weight gain | ☐ ☒ Feeling mentally dull or unmotivated |



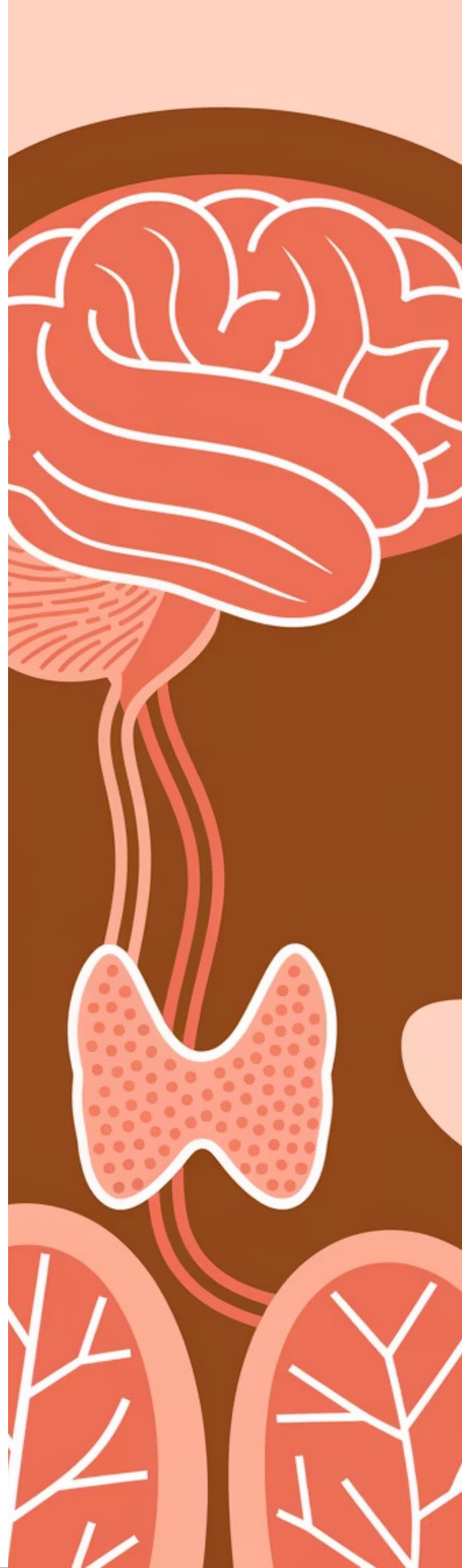
Could It Be My Thyroid?

Especially If You're Managing ADHD

Thyroid issues can look a lot like ADHD or anxiety. If you've noticed:

- Trouble focusing
- Mood swings or emotional reactivity
- Mental fog or slowness
- Restlessness or feeling wired but tired

Your thyroid might be part of the picture. Sometimes ADHD medications work *better* once thyroid function is supported—and sometimes they don't work *well* until it is.



Testing and Supporting Your Thyroid

What to Ask Your Doctor

Ask for a **full thyroid panel**, not just TSH:

- TSH (Thyroid Stimulating Hormone)
- Free T3 and Free T4 (active hormones)
- Thyroid antibodies (TPOAb, TgAb)
- Optional: Reverse T3, if symptoms don't match labs

Also helpful to test:

- Vitamin B12
- Ferritin (iron stores)
- Iodine, Zinc, Selenium

Supporting Your Thyroid Naturally



Eat whole foods

Rich in iodine, selenium, and B vitamins (eggs, seafood, Brazil nuts)



Stay hydrated

And limit processed foods



Manage stress

It directly affects your thyroid!



Sleep 7–9 hours

Per night

 Avoid BPA (plastic bottles), synthetic fragrances, and harsh chemicals



SELF-CHECK: COULD IT BE MY THYROID?

Check off the symptoms you've experienced recently. This is not a diagnosis—but can help guide a conversation with your provider.



ENERGY & MOOD

- ☐ I feel tired even after a full night's sleep
- ☐ I've felt down, unmotivated, or emotionally flat
- ☐ I'm more anxious, overwhelmed, or sensitive lately
- ☐ I wake up already feeling exhausted
- ☐ My stress tolerance is lower than it used to be



BODY TEMPERATURE & PHYSICAL SIGNS

- ☐ I get cold easily, especially in my hands or feet
- ☐ I sweat less than I used to
- ☐ I've gained or lost weight without trying
- ☐ My skin is dry or rough
- ☐ My face or eyelids look puffier



BRAIN & FOCUS

- ☐ I struggle with brain fog or forgetfulness
- ☐ I have trouble focusing or staying on task
- ☐ My thinking feels slower or foggier
- ☐ I've been more easily distracted
- ☐ My ADHD symptoms feel harder to manage



HAIR, DIGESTION, IMMUNITY

- ☐ I've noticed more hair loss or thinning
- ☐ My eyebrows are thinning (especially outer third)
- ☐ I'm often constipated or have slow digestion
- ☐ I get sick more easily or take longer to recover
- ☐ My periods have become irregular or unusual



What Do My Results Mean?

If you checked **5 or more boxes**, it **might be time** to talk to your doctor about thyroid testing. Bring this checklist with you to your appointment.



What to Say:

"I've been having symptoms like fatigue, brain fog, and mood swings. I completed a thyroid self-check and I'd like to do a full thyroid panel—not just TSH—to make sure everything's working properly."



Final Thought:

You deserve to feel clear, energized, and balanced. If something feels off—it might not be "just in your head." Your body might be asking for thyroid support.