

The background features a soft-focus image of a hand holding a red circular object in the upper right corner. A large, textured brushstroke in shades of beige and brown sweeps across the lower half of the page, partially overlapping the title and the disclaimer.

CORTISOL CHEATSHEET

No material on this program is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this document. Neither Dr. Lindsey Schmidt nor the publisher of this content takes responsibility for possible health consequences of any person or persons reading or following the information in this educational content

Cheatsheet



This Cortisol Cheatsheet is meant to give you quick action steps that align with vagal toning to further help your body get out of that stuck stressed state, and into that healing state.

This is not meant for you to do everything in this cheatsheet, but piece together certain actions that align with what your day needs most help with.

For example, do you drink A LOT of caffeine? Make some drink swaps. Do you tend to have poor sleep and poor sleep routine? Make a good “nightly menu/routine” for yourself. These little actions, swaps, additions can make the biggest difference.

This is totally optional as well, you can start with vagal toning activities first, and add this on eventually!

Dr. Lindsey

What do I mean when I say “menu items”

Really this is a fun way to plan out a routine for the morning, afternoon and night.

I like to write my things down in order to help me feel less overwhelmed. Then, once it a habit, I don't have to think and it's easy!

The word menu is also used, because you don't have to do everything on your menu every time. Just circle a few that you will do for that day, and complete them!

Just like a menu, you don't typically have everything on it, just a few things.

I find this to remove pressure off of being perfect, and focus more on progression.

This is a total mindset swap, and again, is not meant to stress us out! We are here to de-stress... right!?

This is meant to give us a focus. You can do one thing in each chunk of your day... it's doesn't have to be EVERYTHING.

The “Done for you” menu is an example, you can circle things that YOU will do.

The DIY menu is there for you, if you would like to fill in your own tasks!

Done for you:

Menu (routine) Items:

Morning Menu items:

- Blood Sugar Balanced Bfast
- Eat before caffeine
- Morning sunlight or SAD light or red light
- Vagal Tone Activity
- Listen to calming music
- Non-caffeine tea

Afternoon Menu items:

- Eat Lunch
- Vagal Tone Activity
- Get outside, if possible
- Nourishing Drink

Night-time Menu items:

- Eat Dinner
- Vagal Tone Activity
- Red light therapy
- Sleepy time drink
- Dark, cool room
- Listen to calming music, read or watch something non-stimulating

Other Menu Items:

- Light movement
- Slow resistance training
- Walks
- Digital Detox, journal
- Epsom Salt Bath
- Go to bed and wake around same time

DIY:

Menu (routine) Items:

Morning Menu items:

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

Afternoon Menu items:

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

Night-time Menu items:

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

Other Menu Items:

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

Morning Routine Templates



If just getting started, pick one number from any template to add to your routine, or as shown in the Morning Menu (routine) Items above.

Or simply add in one Guided Vagal Toning Video that is within the Beat the Burnout Program.

I like to think in categories for my morning routine:

- Light: face to sun, red light or SAD light
- Warm Nourishing drink/Delay caffeine
- Vagal toning/Somatics - Workout if applicable to you
- Food: Blood Sugar Balanced

Template 1:

1. Wake up to an alarm that's not your phone
2. Red Light Therapy or Morning Sun Exposure for at least 2-5 minutes, at best 15 minutes
 - a. While doing this vagal tone:
 - i. 4 count inhale, hold 4, 8 count exhale while tapping the tummy and chest
3. Nourishing Drink and/or Eat Blood Sugar Balanced Breakfast
 - a. Drink example: Dandelion Root Tea or Warm Lemon Water
 - b. Or at least eat a fat source paired with your carb
 - c. No phone scrolling while eating

Template 2:

1. Wake up to an alarm that's not your phone
2. Simple lymphatic drainage & vagal toning by running fingers down the neck and face downwards - see "Vagal Dry Brushing" under your Activities section in your program.
3. Eat a Blood Sugar Balanced Breakfast
 - a. Or at least a fat source paired with your carb
 - b. No phone scrolling while eating
4. Say affirmations out loud while eating:
 - a. "I am worthy of calmness within me." "I nourishing my body & mind." "I am worthy of my time."

Morning Routine Templates



Template 3:

- Wake up to an alarm that's not your phone
- Do leg inversion while still in bed: slowly lift your legs towards the ceiling, point and flex your ankles and toes for a few minutes, add deep breathing
 - Add in red light therapy if available
- Eat a blood sugar balanced breakfast
- Delay caffeine with a nourishing drink
 - Drink Example: Adrenal Mocktail

Template 4:

1. Wake up to an alarm that's not your phone
2. Make nourishing drink or tea
 - a. Drink Examples: Sea Salt, Lemon, and Water, or Blood Sugar Balancer
3. While enjoying drink do face to sun for at least 2-5 minutes or Red Light
4. And say out loud:
 - a. "I attract all the good in my life." "I am grateful for every breath." "I am doing amazing things."
5. Eat Blood Sugar Balanced Breakfast
 - a. Or at least eat a fat source paired with your carb
 - b. No phone scrolling while eating

Template 5:

1. Wake up to an alarm that's not your phone
2. Fill cold water into a bowl and do: 3-5 rounds, 5-8 second under water, 2-3 deep belly breaths above water, pause and repeat.
 - a. Or splash cold water on face and neck, use an ice roller on face and neck, or ice cube on face and neck
3. Eat a Blood Sugar Balanced Breakfast
 - a. Or at least a fat source paired with your carb
 - b. No phone scrolling while eating
4. Hug yourself and say "I release the stress within me (exhale), and accept the calm (inhale)."

Evening Routine Templates



I think in categories, very similar to my morning, for the evening:

1. Eat a blood sugar balanced dinner
2. Watch or do something enjoyable
3. Vagal toning/relax and calm the nervous system
4. Light: Watch the sunset, Red light therapy. No overhead lights on at least an hour before bed.
5. Bed Room: Cool, Dark room
6. Any kind of sleepy time drink or supplement (optional)

Template 1:

- Sleepy Time Mocktail an hour and 30 minutes before bed
 - cut back on alcohol, if this needs to be a focus
- Vagal Toning Activity: Butterfly Tapping (see your Beat the Burnout Guided Video for this)
- Watch something enjoyable to you or read etc
- Right before bed nothing too stimulating

Template 2:

1. Magnesium powder or magnesium glycinate an hour and 30 minutes before bed
2. Vagal Toning Activity with Red Light Therapy: Ribcage tapping combo (see your Beat the Burnout Guided Video for this)
3. No overhead lights on as the sunsets and getting closer to bed

Template 3:

1. Watch TV/Do your normal routine then...
2. Watch the sunset or red light therapy while sipping on Chamomile tea
3. While doing this say out loud while EFT tapping (see EFT Tapping video in program):
 - a. "I am worthy of deep restful sleep." "I am grateful for that day I just had, good or bad." "I release any negative energy from the day."

My Personal Ideal Routines:

Morning Routine:

1. Wake up without a phone alarm
2. Red Light Therapy
3. Eat at least a carb & protein
4. Go workout
5. Vagal toning/Somatics
6. Nourishing Drink
7. Caffeine later in the morning

Evening Routine:

1. Eat dinner
2. Brew sleepy time tea or make sleepy time mocktail
3. Shower
4. Magnesium lotion
5. Red Light Therapy + vagal toning
6. Take magnesium glycinate or l-threonate capsule or magnesium powder if making a sleepy time mocktail
7. Close Curtains make everything dark & turn down AC
8. Watch TV: something enjoyable and then something calming like a nature shower
9. Sleep

Please see all the cortisol cheats in your Ebook below for more explanation, recipes and more on these templates from above.



QUICK CORTISOL RESET ACTIONS

Not in “menu format”

Cortisol Cheats

- **Switching from high intensity workouts to low intensity**
 - For example: 7 days a week to 4-5 days
 - This can look like slow weight lifting, pilates, body weight workouts with active recovery days (walking, stretching, mobility)
- **Eat before (and after) workout**
 - Eat at least a carb with fat before workouts to give your body its preferred energy source. This will help reduce the exercise-induced cortisol response.
 - Eat carb + fat at least, and at best a protein + carb
 - Examples:
 - banana (carb) + nuts (fat) or 1/2 banana + nuts, Eggs (protein + fat) + berries (carb)
 - can't eat a lot? Berries, Nuts or 1/2 banana + nuts are 2 easy examples
 - Best thing to eat after a workout is a protein + carb. Protein repairs muscle, carb replenishes energy stores!

Learn More About Workouts + Cortisol Here!

- **Add in walking 10-40 min**
 - helps regulate blood sugar
 - low intensity
- **Add in squats during the day**
 - **A New study found:** 10 bodyweight squats every 45 minutes during an 8.5-hour period of sitting improves blood sugar regulation
 - But what if you just did your best and got up and did squats periodically throughout the day?

Cortisol Cheats

Delaying Caffeine and Cortisol: 60-90 mins after waking

- **Natural Cortisol Peak:** Cortisol levels naturally peak in the early morning (around 30-45 minutes after waking), helping to wake you up and increase alertness.
- **Avoid Amplifying Stress:** Consuming caffeine during this peak can further increase cortisol levels, potentially leading to increased stress and anxiety.
- **Optimal Timing:** Delaying caffeine intake until 60-90 minutes after waking allows cortisol levels to regain its natural rhythm.
- **Make a nourishing drink swap or gradually cut back on the amount of coffee/caffeine consumed.**
- **If you have morning anxiety, caffeine is not recommended.**

No Caffeine after 3 pm, at best none after 12 pm

- Easily help your sleep-wake cycle with this

Eating Before Caffeine and Cortisol

- **Blood Sugar Stability:** Eating a balanced meal before consuming caffeine helps stabilize blood sugar levels, preventing spikes and crashes that can affect energy and mood.
- **Cortisol Regulation:** Consuming food before caffeine can mitigate the cortisol-raising effects of caffeine, promoting a more balanced stress response.

Eat a Blood Sugar Balanced Meal Upon Waking

- This includes a combination of macronutrients—carbohydrates, proteins, and fats—that work together to stabilize blood sugar levels, preventing sharp spikes and crashes. This balance helps maintain steady energy levels, reduce cravings, and support overall health.

[Tap Here for more Information on Blood Sugar Balanced Meals](#)

Cortisol Cheats

Eat Enough Throughout the Day

- 1200 calories is not enough
- Action item: Aim for 3 meals and some snacks
- Each meal has a protein, carb and fat (remember, blood sugar balanced)
- Work your way up to 3 meals and snacks: If you are only eating small snacks and then are tired and hungry and eat a big dinner, start slow in the morning.
 - Small Meal/Snack Examples:
 - Apple + Peanut butter (carb, fat and some protein)
 - Greek yogurt + nuts (protein + fat)
 - 1-2 eggs (protein + fat)
 - Edamame (protein + small carb)
 - Oatmeal + Nut Butter + Protein Powder (carb, fat, protein)
- Want to understand calories?
 - For a deficit: Take your body weight in pounds and x 10.
 - Example: 150 pounds x 10 = 1,500 calories for a deficit
 - We typically want to be in maintenance when healing:
 - Take your body weight in pounds and multiply it by 13. That is equal to the lowest maintenance cal! How much are you eating?
 - Example: 165 pounds = 1650 cal for a deficit and 2,145 cal for maintenance
 - Just like protein, ease up to more calories, gradually adding more whole real food to your plates, meals, snacks!
 - Say you're at 1200 calories. The first week add 100 calories per day more. After two weeks, bump it up another 100 calories.
 - This is a great way to naturally speed up your metabolism too!
 - **This is meant to be an eye opener that we typically are not eating enough, not to get you to count calories or become obsessive, just aware and mindful of your nourishment!**
- ★ ◦ A Bonus, if you want to learn more, or maybe you're more advanced, I have an old Live Gut Cycle Video about food, calories and macronutrients that you can watch [HERE](#). I recommend saving it if you are overwhelmed. This is NOT needed.

Cortisol Cheats

Limit caffeine, stimulants, and alcohol

How to Cut Back & Out Caffeine and Alcohol

- Gradual Reduction: If you drink several cups of coffee, caffeinated beverages per day or alcohol, start by cutting back on one drink at a time.
 - See how many you're drinking in a day and week. What I did was either cut the number of drinks or cut the amount in 1/2.
- Timing Your Caffeine or Alcohol: Set a cut-off time in the afternoon for caffeine consumption and a time for alcohol.
- Make Swaps: Instead of cutting the drinks completely, swap some caffeinated drinks with herbal teas, matcha, decaffeinated coffee, or caffeine-free alternatives. Switch your alcohol to mocktails. This can make breaking the habit easier because we are not cutting the behavior, we are swapping it with something better.

[Tap Here for more Information on Alcohol and Cortisol](#)

Epsom salt baths or foot soaks

- At least 1-2 times/week or as desired
- Make sure there's no fragrance and the label says Magnesium Sulfate with no additives, or Magnesium Chloride for Bath Flakes
- [Tap Here for my Amazon List For Topical Magnesiums](#)

[Tap Here for more Information on Topical Magnesium & Soaks](#)

Cortisol Cheats

Cold Water Exposure: 2-4 times a week or daily

- Best to do in morning
- Remember, something is better than nothing
- For 1-2 minutes: Rinse off with cold water at the end of your shower, can just do face and not body
- Splash cold water on face is a good starter
- If doing face plunge in cold water:
 - Ease into it and start with kind of cold water first
 - Then, work your way up to adding in a few ice cubes at a time to make it colder and colder
 - Round examples:
 - Week 1: 3 rounds, **5** count under water, 2 deep belly breathes out of water, pause, and repeat
 - Week 2: 3 rounds, **8** count under water, 2 deep belly breathes out of water, pause, and repeat
 - Work your way up in time and coldness
 - Can hum under water to add more vagal toning

Other options besides doing a cold face plunge:

- Rinse your face off in the shower with cold water at the end
 - Do 3-5 rounds, hold breath under water for 8-10 secs, deep belly breathing, then repeat
- Splash cold water on your face and neck
- Rub an ice cube along face and neck
- Ice roller on face and neck

Cortisol Cheats

Morning sun exposure to help reset cortisol

- Face to sun, even when cloudy for ideally 15 minutes, but in my experience even 2-5 minutes has helped me.
- If you have trouble falling asleep, THIS alone can be a BIG game changer for you!
- Even if you can't do it every day, do it on days that you can!

Evening Sun Exposure

- Watching the sunset can have the same benefits as morning sun exposure
- Face to sun, even when cloudy ideally for 15 minutes, but find an amount of time that works for you to be consistent

Can't do Sun Exposures due to scheduling?

- Add in red light therapy upon waking and before bed
- Same amount of time as above

[Tap Here for More Information on Sun Exposure And Red Light Therapy](#)

Digital Detox

- This means you put your phone away, and even the TV if you want, for a certain amount of time or certain time of the day.
- Morning: no phone first thing, swap it for vagal toning, journaling, affirmation. Wake up to a "normal" alarm like [these here](#)
- Evening: at least an hour before bed no phone or anything too stimulating. I personally don't have my phone by me in the evening.
- Replace screen time with other activities such as, walking, playing games, reading a book, relaxing to music, dancing.
- Set a timeframe:
 - weekend detox: set certain times to be off all devices on the weekend
 - daily detox: Set a daily "tech curfew" where devices are turned off for a few hours in the evening.
 - hourly breaks: Take 10-minute breaks every hour during work to step away from screens.
 - Use these breaks for stretching, walking, or simply resting your eyes.

Cortisol Cheats

Make your Bedroom Cave-Like

- Black-out curtains for dark room
- Tape over any small lights in bedroom (fire alarm, TV etc)
- Make it cool when going to sleep
- Make it a goal to go to bed around the same time and wake-up

Get the Best Sleep of your Life:

- Make it a goal to go to bed around the same time and wake-up
- No Alcohol at least 4 hours before bed or cut back and out
- Cut off caffeine at least by 3 pm, at best by noon
- Nothing exciting right before bed
- Quick go-to sleepy supplements: magnesium glycinate, topical magnesium, saffron, rhodiola rosea
- No phone in your bedroom or 1 hour before bed
- Vagal Toning or Somatics before bed or in evening time
- Write down anything that's on your mind or to-dos
- Optional:
 - Blue Light Blocking Glass
 - Mouth Tape
 - Nodpod
 - Weight Blanket
 - [Tap Here for Optional Addition Links](#)
 - Sleep Crown: [Tap Here](#)
 - Certain scents like forrest smells, lavender, Jasmine, sandalwood, Sweet marjoram, cedar, geranium
 - Nature Sounds, Calming Sounds

Cortisol Cheats

Social Connections

- Reduces Stress: Engaging with friends and family can lower stress levels. Positive social interactions stimulate the release of oxytocin, a hormone that counteracts the effects of cortisol, the stress hormone.
- Enhances Emotional Well-being: Sharing experiences and emotions with others provides emotional support and reduces feelings of loneliness and anxiety, promoting a sense of belonging and security.
- Regulates the Nervous System: Social interactions activate the parasympathetic nervous system, which helps calm the body and mind. This promotes relaxation and recovery from stress.
- Examples: spending time with loved ones, volunteering, group activities, going out to eat, having a game night, getting coffee together, going on a walk or workout with a friend

Positive thinking to change feedback loop

- What is a Positive Feedback Loop? A positive feedback loop is a cycle where positive thoughts lead to positive emotions and behaviors, which in turn generate more positive thoughts and outcomes.
- Examples: Practice Gratitude, Reframe Negative Thoughts, Visualize Success, Affirmations, Surround Yourself with Positivity.
- Add in EFT tapping with affirmations:
 - See EFT Tapping Guided Video under “Activities” in your program
 - What is EFT Tapping? EFT tapping is a form of psychological acupressure that involves tapping on specific points on the body while focusing on negative emotions or physical sensations. It aims to restore balance to the body's energy system and reduce emotional distress.
- See your 90 affirmations to help with this at the bottom of your packet.
 - [Tap here to jump to affirmation pages](#)

Nourishing Drink Addition:

- Electrolytes, minerals, nourishing drinks
- [Tap Here to jump to Drinks, Teas, Adaptogenic Herbs page](#)

Cortisol Cheats

Grounding for 5-10 mins anytime of day

- Grounding, also known as earthing, involves making direct contact with the Earth's surface, such as walking barefoot on grass, sand, or soil. This practice is based on the idea that connecting with the Earth's electrons can have positive effects on your health.

How Grounding Works

- Grounding works by allowing your body to absorb free electrons from the Earth. These electrons act as antioxidants, neutralizing harmful free radicals and reducing inflammation. The physical connection with the Earth can help balance the electrical charges in your body. This can help with stress, cortisol, anxiety, sleep-wake cycle, and decrease inflammation.

How to Implement Grounding into Your Day

1. Walk Barefoot:

- Spend at least 5-30 minutes each day walking barefoot on natural surfaces like grass, sand, or soil. This is one of the easiest and most effective ways to practice grounding.

2. Sit or Lie on the Ground:

- Take breaks during your day to sit or lie down on the ground. Bring a blanket or yoga mat to a park and enjoy a grounding session while reading or meditating.

3. Grounding Mats and Sheets:

- Use grounding mats or sheets at home. These products are designed to simulate the grounding effect by connecting to the Earth through your home's grounding system.

4. Water Grounding:

- Spend time in natural bodies of water like oceans, lakes, or rivers. Walking along the shoreline or swimming can provide grounding benefits.

[Tap Here for in Home Grounding Items](#)



CORTISOL + NERVOUS
SYSTEM CHEATS

Music + Noise

Music + Noise

Each type of noise has its own properties, and people may find them useful for various purposes. Here's an overview of these noises and some potential benefits:

- **White Noise:**

- **Description:** White noise contains all audible frequencies in equal amounts. It sounds like a constant hiss and is often used as a masking sound to drown out other noises.
- **Benefits:**
 - **Sleep Aid:** White noise can help create a consistent sound environment, masking disruptive noises and promoting better sleep.
 - **Concentration:** Some people find white noise helpful for improving concentration, especially in noisy environments.

- **Brown Noise:**

- **Description:** Brown noise, also known as red noise or random walk noise, has a power density that decreases by 6 dB per octave with increasing frequency. It has more energy at lower frequencies compared to white noise.
- **Benefits:**
 - **Relaxation:** Brown noise is often used for relaxation and stress reduction. Its lower frequency emphasis can have a calming effect on some individuals.

- **Pink Noise:**

- **Description:** Pink noise has equal energy per octave, resulting in a more balanced sound than white noise. It decreases in intensity as the frequency increases.
- **Benefits:**
 - **Sleep Enhancement:** Like white noise, pink noise can be used for better sleep. Some studies suggest that pink noise might promote deeper sleep and enhance memory consolidation during sleep.
 - **Tinnitus Relief:** Pink noise is sometimes used to provide relief from tinnitus, a condition characterized by the perception of ringing or buzzing in the ears.

Music + Noise

- **Blue Noise:**

- **Description:** Blue noise has an increasing power density with increasing frequency. It is characterized by a higher emphasis on higher frequencies.
- **Benefits:**
 - **Concentration and Alertness:** Some people find blue noise helpful for staying alert and focused, making it suitable for tasks that require cognitive engagement.

- **Listening to nature sounds:**

- often referred to as "nature therapy" or "ecotherapy," can have numerous psychological, emotional, and physiological benefits such as stress reduction, improved mood, Enhanced Concentration and Cognitive Performance, Restoration of Mental Fatigue, sleep quality, Promotes Mindfulness and Presence, Alleviates Symptoms of Mental Health Issues

Noise + Music Resources:

- YouTube Stations:

- Yellow Brick Cinema Channel: [Tap Here](#)
- Healii - Healing Sounds Channel: [Tap Here](#)
- Brown Noise: [Tap Here](#)
- White Noise: [Tap Here](#)
- Pink Noise: [Tap Here](#)
- Blue Noise: [Tap Here](#)
- Nature Sounds: [Tap Here](#)
- Forest Sounds Channel: [Tap Here](#)

- Digital Detox Alarms: [Tap Here](#)





CORTISOL + NERVOUS SYSTEM CHEATS

Sun Exposure + Red Light

Guide to Resetting Cortisol's Diurnal Rhythm with Sun Exposure

Why Morning Sun Exposure & Evening Sunset Watching Help:

1. Morning Sun Exposure:

- Boosts Cortisol Awakening Response: Exposure to natural light in the morning helps regulate the cortisol awakening response, aligning it with your body's natural circadian rhythm. This boost in cortisol in the morning helps increase alertness and energy levels.
- Enhances Mood and Energy: Morning sunlight stimulates the production of serotonin, a neurotransmitter that boosts mood and helps you feel more awake.

2. Evening Sunset Watching:

- Signals the End of Day: Watching the sunset helps signal to your body that it's the end of the day, which can help lower cortisol levels and prepare your body for rest.
- Promotes Melatonin Production: As natural light fades, your body begins to produce melatonin, the hormone that regulates sleep-wake cycles.

Method for Sun Exposure:

1. Morning Routine:

- Spend at least 10-15 minutes outside shortly after waking.
- Face the sun and let the light hit your eyes and skin. No need to stare directly at the sun; just being in natural light is beneficial.
- If possible, combine this with a morning walk to boost the effects.

2. Evening Routine:

- Spend 10-15 minutes outside during sunset.
- Enjoy the view and let the natural light help signal the end of the day to your body.

Cloudy Days:

- Morning and evening light exposure is still beneficial even on cloudy days.

Guide to Resetting Cortisol's Diurnal Rhythm with Sun Exposure: Red Light

Alternative to Sun Exposure: Red Light Therapy

- If you cannot get morning or evening sun exposure, use a red light therapy device. Red light emits a similar light spectrum to natural sunlight and can help reset your cortisol rhythm.
- Use the red light device for 10-15 minutes in the morning and/or evening as part of your routine.

What to Look for in a Red Light Therapy Device:

1. Wavelength:

- Look for devices that emit red light in the range of 600-700 nm, as well as near-infrared light in the range of 800-850 nm. These wavelengths are most effective for health benefits.
- The widely used wavelength for red light therapy is 660nm, situated within this range.

How to Use Red Light Therapy:

1. Distance:

- Position yourself about 6-12 inches away from the device for optimal exposure. Adjust the distance based on the device's instructions and your comfort level.

2. Direction:

- For cortisol reset, aim the red light at your face and upper body to mimic natural sunlight exposure. This helps stimulate the hypothalamus, which regulates cortisol production.

3. Duration:

- Morning and Evening Use: Use the red light therapy device for 10-15 minutes in the morning and another session in the evening. This routine mimics the effects of sunrise and sunset, helping to regulate your circadian rhythm and cortisol levels.
- Consistency: Regular daily use is key to seeing benefits. Try to incorporate it into your daily routine or plan certain days to do this.

Guide to Resetting Cortisol's Diurnal Rhythm with Sun Exposure: Red Light

Red Light Eye Protection:

- Use Protective Eyewear: Although red light therapy is generally safe, prolonged exposure to intense light can strain the eyes. Use protective eyewear designed for red light therapy to prevent discomfort and potential eye damage.
- I personally do not look directly at the light

[Tap Here For Red Light Amazon List](#)



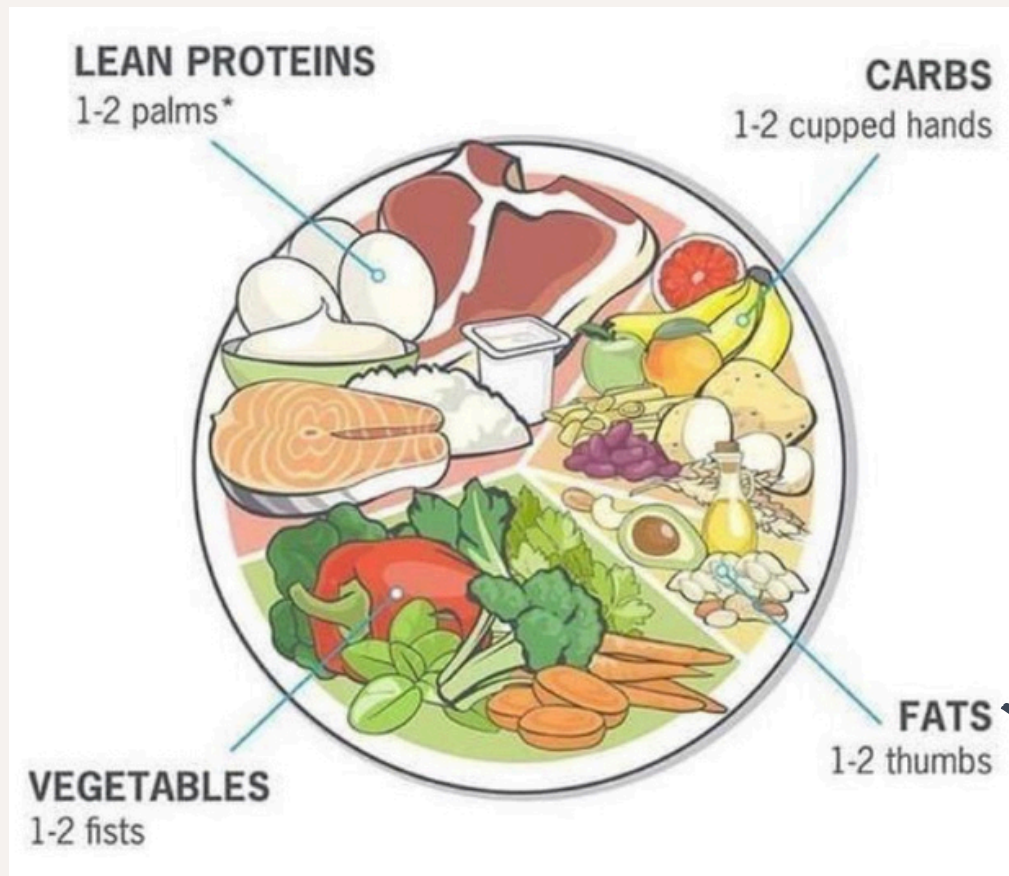


CORTISOL + NERVOUS SYSTEM CHEATS

Blood Sugar Balanced Meals

Blood Sugar Balanced Meal

No hard rules, this is a template.
I wanted to include this for those who have NO idea what
the heck a blood sugar balanced meal is!



1-2 thumbs sounds silly when we are talking nuts/seeds, this applies to oils, & dressing. Nuts & seeds are a small palm full!

Help blood sugar by:

- Complete Blood Sugar Balanced meal is a protein, carb and fat.
- We can still balance our blood sugar by pairing our carbs with at least a fat, and at best a protein.
- Rule of thumb is “dress your carbs up.” Don’t leave them “naked” or alone.
- Don’t make it more complicated than it needs to be. One step at a time, one meal at a time.

What are protein, carbs and fats?

I wanted to include this for those who don't understand what foods are proteins, carbs and fats! This is not an all inclusive list.

When thinking blood sugar the most starchy foods, by themselves, are higher glycemic and will spike blood sugar more. Carbs are NOT evil, our body loves them, let's just dress them up with a fat + protein most of the time!

Protein

- Chicken
- Turkey
- Lean beef
- Pork
- Salmon
- Tuna
- Cod
- Trout
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu
- Tempeh
- Lentils
- Chickpeas
- Black beans
- Quinoa
- Almonds
- Walnuts
- Chia seeds

Carbohydrates

- Think fruits, vegetables
- Think starchy foods
- Breads, grains
- Gluten Free oatmeals
- Grains
- Rice
- Quinoa
- Sourdough bread
- Sweeteners: honey, maple syrup, agave, coconut sugar etc

Fats

- Nuts
- Seeds
- Oils, better oils/fats: olive oil, avocado oil, coconut oil
- Grass-fed butter
- Avocados
- Nut butters: almond butter, peanut butter etc
- Milks
- Coconut products
- Mayo
- Most Condiments

How to Start adding this in?

- Evaluate your day:
 - How many meals are you eating?
 - Are any of them blood sugar balanced? (protein, carb and fat)
- How I build out my day:
 - This is how I build out my day with food, most of the time:
 - 3 meals + 2 snacks
 - This means breakfast, lunch, dinner and two snacks
 - I find this keep me stable with energy and I am ensuring I eat enough
 - This may be different for you, this is what I do!
- Start at the top of your day:
 - Start with your caffeine intake as mentioned before
 - Then, add to your breakfast what is missing:
 - Not eating & not hungry? Add in a fat + carb
 - Banana + Nuts, Berries + Nuts, Avocado Toast (sneak in an egg to get started with protein)
 - Not eating but hungry? Add in a fat + carb + protein
 - Eggs, sourdough toast, avocado
 - Chickpeas, sourdough toast, avocado (vegan)
 - Eating but not balanced? Add in what's missing
 - After your master breakfast, move onto lunch, then move onto dinner
 - this may seem like it takes long and you want to do everything at once, but having one focus at a time makes it a lot easier and not as stressful
- Remember, not everyday is going to be perfect and enjoying food with your family and friends is also important, healing and healthy

How I Cut Caffeine

- From someone who lived off of pop/soda and coffee, it was hard for me to cut back and out. Here's the method that I used.

For coffee:

- I used to drink coffee in the morning until noon and then again around 3 pm. I started doing this:
 - 1 cup of coffee in the morning, followed by a caffeinated tea (I like green tea or black tea, for example).
 - In the afternoon, I would drink tea again or have some kind of "juice."
 - This allowed me to still "look forward to something" and not completely go cold turkey, which can lead to headaches and more withdrawal symptoms.
 - I eventually was able to have just 1 cup in the morning, followed by other desired nourishing drinks.
 - Now, I enjoy matcha lattes for gentle caffeine and l-theanine for focus. You don't have to cut coffee completely; it's just the amount of dependence we may have created for ourselves and the timing.
- See next page for functional coffee

For Pop:

- I essentially did the same thing but swapped more for juice at the time, as there weren't as many options back in 2010!
- Some pop swaps: Olipop, Poppi, zevia, Health-Ade, LaCroix, AHA Sparkling Water, Spindrift Sparkling Water, Synergy Raw Kombucha.

Functional Coffee

- Per request, here are some functional (cleaner) coffee options and coffee-like drink swaps:

Four Sigmatic



Tap Here

Tap Here

Laird



Tap Here

Tap Here

Bulletproof



Tap Here

Tap Here

Also have cacao mixes that I love!

Ryze



Tap Here



DRINKS, TEAS,
SUPPLEMENTS,
ADAPTOGENIC
HERBS

Drinks, Teas, Adaptogenic Herbs

What are adaptogenic herbs?

Adaptogenic herbs are a class of botanicals that have been used for centuries in traditional medicine systems, particularly in Ayurveda, Traditional Chinese Medicine, and other indigenous healing practices. They are known for their ability to help the body adapt to various stressors, promote balance, and enhance overall well-being. These herbs are called "adaptogens" because they can help the body adapt to different physiological and psychological stressors.

- Ashwagandha: An adaptogen known for its stress-reducing properties.
- Rhodiola: Another adaptogen that may help the body adapt to stress.
- Licorice Root: Supports adrenal function and may help regulate cortisol levels.
- Ginseng: May enhance the body's resistance to stress.
- Holy Basil (Tulsi): Has adaptogenic and antioxidant properties.
- Maca Root: Known for its adaptogenic properties, it may help balance hormones and reduce stress.
- Astragalus: Supports the immune system and helps the body adapt to stress.
- Schisandra Berry: An adaptogen that can improve stress resilience and mental clarity.
- Eleuthero (Siberian Ginseng): Supports the body's ability to cope with stress and increases energy levels.
- Licorice Root: Contains compounds that may help maintain healthy cortisol levels.
- Lemon Balm: Known for its calming effects.

Drinks, Teas, Adaptogenic Herbs

Teas:

- Chamomile Tea: A soothing and calming herbal tea.
- Peppermint Tea: May help alleviate stress & aid digestion.
- Lavender Tea: Calming and soothing, it can help reduce stress and promote relaxation.
- Passionflower Tea: Known for its sedative effects, it can alleviate anxiety and promote better sleep.
- Valerian Root Tea: Promotes relaxation and can be helpful for stress-induced insomnia.
- Linden Flower Tea: Supports relaxation, reduces anxiety, and may help with sleep.
- Rosehip Tea: Rich in vitamin C and antioxidants, it supports the immune system and overall well-being.
- Holy Basil (Tulsi) tea: Has adaptogenic and antioxidants.

Drinks

- Coconut water
 - Already has minerals and electrolytes! YAY!
- Adrenal Mocktails (see below)
- Add a pinch of Sea Salt, Celtic Salt, [Redmond real salt Tap Here](#) to water
- Shot of warm lemon water
- Fruit or vegetable (like cucumber) infused water
- Bone Broth: Provides essential minerals and amino acids that support cortisol.
- Golden Milk: A warm beverage made with turmeric and other spices that can have anti-inflammatory effects (see below)!
- Electrolytes: [Tap Here](#), [Tap Here](#)

Supplement Blends

Tap on each one to view product

Adrenal Support Blends:

- [Adrenal Restore](#)
- [Master tonic Tincture](#)
- [Thorne Adrenal Cortex](#)
- [Adrenal Daily Balance](#)
- [Adrenal support tincture](#)

Adrenal Loving nutrients:

- Magnesium Glycinate (take at night)
 - [Tap here](#), [Tap Here](#), [Tap Here](#)
- Vitamin C
- B Vitamins: [Tap Here](#), [Tap Here](#)
- Myo-Inositol: [Tap Here](#), [Tap Here](#)
- [N-Acetyl L-Tyrosine](#)
- N-Acetyl Cysteine: [Tap Here](#), [Tap Here](#)
- Electrolytes:
 - [BT Fountain Tap Here](#)
 - [Nectar](#)
 - [Symbi](#)
- [Carnitine](#)

Sleepy Time Supplements:

- [Magnesi-OM](#)
- [Live the dream](#)
- [Genius Sleep Aid](#)
- [Core-21](#)
- [Night-T](#)

Guide to Magnesium

Recommended Daily Allowance (RDA) for Magnesium

- Women:
 - Ages 19-30: 310 mg/day
 - Ages 31 and older: 320 mg/day
- Men:
 - Ages 19-30: 400 mg/day
 - Ages 31 and older: 420 mg/day

Some Magnesium Benefits

- GABA Production:
 - facilitates the production and function of GABA, which has a calming effect and is associated with reduced anxiety.
- Melatonin Regulation:
 - Magnesium may play a role in regulating melatonin, the hormone that signals the body when it's time to sleep.
- Stress Response Modulation:
 - mg helps regulation of the hypothalamic-pituitary-adrenal (HPA) axis, which plays a central role in the body's stress response. Modulating this axis may help mitigate the physiological effects of stress.

Best Forms of Magnesium

- Magnesium Glycinate: Known for its high bioavailability and gentle effect on the stomach, making it ideal for those with digestive sensitivity. Supports relaxation and sleep, as well as overall muscle function.
- Magnesium L-Threonate: Penetrates the blood-brain barrier effectively, potentially enhancing cognitive function and memory. Good for brain health and cognitive support
- Magnesium Taurate: Taurine, an amino acid, may have cardiovascular benefits, so this form of magnesium is sometimes promoted for heart health.

Guide to Magnesium

Best Forms of Magnesium Continued

- **Magnesium Citrate:** Has a good absorption rate and is commonly used to support digestion and relieve constipation. Suitable for those needing a laxative effect.
- **Magnesium Malate:** Often used for energy production and muscle performance. Beneficial for individuals with fatigue or muscle pain.
- **Magnesium Oxide:** Contains a high amount of elemental magnesium but has lower bioavailability. Often used to relieve heartburn and indigestion.

Best Time to Take Magnesium

- **Evening:** Taking magnesium before bed can help improve sleep quality due to its relaxing effects.
- **With Meals:** If you experience digestive upset, taking magnesium with meals can improve tolerance.

Additional Magnesium Sources

1. Epsom Salt (Magnesium Sulfate):

- Used in baths to relax muscles, reduce inflammation, and relieve pain.
- Add 1-2 cups to a warm bath and soak for 15-20 minutes.

2. Magnesium Flakes (Magnesium Chloride):

- Also used in baths for transdermal absorption, providing a soothing and relaxing effect.
- Add 1-2 cups to a warm bath for muscle relaxation and stress relief.

3. Magnesium Oil Spray:

- Applied directly to the skin for transdermal absorption.
- Ideal for targeting specific muscle groups or areas experiencing tension.
- Spray on skin and massage gently; some may experience a tingling sensation initially.

[Tap Here For Amazon List of Magnesium Favorites](#)

Adrenal Mocktails

What are adrenal mocktails?

- A drink to help ease the symptoms having tired adrenal glands.
- Adrenal Mocktails include Vitamin C, Potassium, Sodium (minerals), and add-ins like milk/cream, & collagen.
- These minerals help replenish the adrenals. High stress = increase in “work” like cortisol DHEA, and adrenaline. This means an increase burn rate of nutrients to make these. So, let’s replenish!
- Note: if you are concerned about blood sugar, eat at least a fat source before or with, like some nuts, for example.
- If you cannot do coconut water, then omit it, and swap with water. If there’s a juice you cannot do swap for another juice high in Vitamin c.

Best time to drink:

- These can be enjoyed anytime of day. I personally love adrenal mocktails during my 1-3 pm slump. Some people love it first thing in morning. Pick what works best for you.

1. Citrus Electrolyte Mocktail:

- 1/2 cup freshly squeezed orange juice (vitamin C)
- 1/4 cup freshly squeezed lemon juice (vitamin C)
- 1/4 cup coconut water (potassium, sodium)
- A pinch of sea salt (sodium)
- 1 tablespoon honey (optional)
- Ice
- Lemon and orange slices for garnish



2. Tropical Hydration Mocktail:

- 1/2 cup pineapple juice (vitamin C, potassium)
- 1/4 cup coconut water (potassium, sodium)
- 1/4 cup sparkling water
- 1 tablespoon honey (optional)
- Ice. Optional: Pineapple slices and a mint sprig for garnish

Adrenal Mocktails

3. Berry Bliss Replenisher:

- 1/2 cup mixed berries (strawberries, blueberries, raspberries) (vitamin C)
- 1/4 cup coconut water (potassium, sodium)
- 1/4 cup sparkling water
- A pinch of sea salt (sodium)
- 1 tablespoon honey (optional)
- Ice
- Fresh berries and mint leaves for garnish

4. Orange Coconut Rejuvenator:

- 1/2-3/4 cup orange juice
- Pinch of sea salt
- 1/2 cup coconut water or raw milk
- Optional: 1/4 cup coconut milk
- Optional: Add collagen as well

5. Citrus Bliss Elixir:

- 1 cup fresh orange juice (rich in vitamin C)
- 1/2 cup coconut water (contains potassium and sodium)
- 1 tablespoon fresh lemon juice (adds more vitamin C)
- Splash of sparkling water (optional)
- Ice cubes

6. Pineapple Coconut Refresher:

- 1 cup pineapple juice (contains vitamin C)
- 1/2 cup coconut water (rich in potassium and sodium)
- Splash of lime juice (adds vitamin C)
- Ice cubes

Adrenal Mocktails

7. Electrolyte Refresher:

- 1/4 - 1/2 cup coconut water
- 1/4 - 1/2 cup orange juice
- Pinch of sea salt (like Redmond Real Salt)
- Optional add-ins:
 - 1/4 teaspoon cream of tartar
 - 1-2 tablespoons coconut cream or full-fat coconut milk

8. Sparkling Citrus Quencher:

- 1/4 - 1/2 cup orange juice
- 1 cup coconut water
- 1/4 - 1/2 cup sparkling water
- 1/2 Lemon Juice
- 1/4 teaspoon sea salt or quality salt (like Redmond Real Salt, Celtic Salt)

9. Banana Berry Boost:

- 1 ripe banana (good source of potassium)
- 1/2 cup mixed berries (e.g., strawberries, blueberries)
- 1/2 cup coconut water (provides potassium and sodium)
- Blend banana, mixed berries, and coconut water until smooth, and add Ice cubes

10. Sleepy Time Mocktail:

- 1/4-1/2 cup tart cherry juice
- 1/4 cup water
- Magnesium powder
- Pinch of sea salt
- Mix & enjoy before bedtime



Enjoy these adrenal mocktail recipes!

Golden Milk



Warm Golden Milk Recipe:

Ingredients:

- 1 cup milk (dairy or plant-based, such as almond, coconut, or soy)
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- A pinch of black pepper (helps with turmeric absorption)
- 1/2 teaspoon honey or maple syrup (adjust to taste)
- 1/2 teaspoon grated fresh ginger (optional)
- 1/2 teaspoon coconut oil (optional)

Instructions:

1. In a small saucepan, combine the milk and bring it to a gentle simmer over low to medium heat. Stir occasionally to prevent scorching.
2. Add the ground turmeric, ground cinnamon, a pinch of black pepper, and fresh ginger (if using).
3. Whisk the ingredients together, and continue to heat the mixture for about 5 minutes, allowing the flavors to meld. Do not allow it to boil.
4. Remove the saucepan from the heat and let it cool slightly.
5. Add honey or maple syrup to sweeten the golden milk, adjusting the amount to your taste.
6. If using coconut oil, you can add it at this stage for added creaminess.
7. Strain the golden milk into a cup to remove any bits of ginger or spices, if preferred.
8. Sip the warm golden milk slowly, ideally about 30 minutes before bedtime.

The warm golden milk is not only soothing but also believed to have potential anti-inflammatory and relaxation-promoting properties. Enjoy this comforting bedtime beverage!

Blood Sugar Balancer

Ingredients:

- 6 ounces warm water
- 1 tablespoon lemon juice
- 1 tsp apple cider vinegar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cinnamon (preferably ceylon cinnamon)
- 1/2 tablespoon raw honey (local if you can) or choice sweetener
- 1/4 tsp pure vanilla extract
- optional: dash of turmeric + black pepper



How I consume:

- I will drink this first thing in the morning before breakfast.
- It is best to consume this before a meal to help stabilize blood sugar.
- I will also split this recipe up into 1-4 servings and drink a little bit before my meals rather than the entire thing.
- Another option I do, is pick a larger meal or two and consume this before.

Matcha Latte



Ingredients:

- 1 teaspoon Matcha
- 1/4 cup or less of warm water
- choice milk
- 1/2 tsp or to taste of maple syrup, honey or choice sweetener

How I make it:

- Warm water
- Then, Place matcha powder in water
- I use a frother to blend
- Add warm milk for a warm latte
- Add cold milk for a cold latte + ice
- Mix & enjoy!

Ceremonial Grade



[Tap Here](#)

Organic Not Ceremonial



[Tap Here](#)

Ceremonial Grade



[Tap Here](#)

Hot Cacao

Ingredients:

- 6-8 ounces of warm water or choice milk
- 1 tablespoon Cacao
- 1/8 - 1 teaspoon Pure maple syrup
- Mix and enjoy!

Optional:

- 1/2 tablespoon cinnamon
- Swap 1/2 the amount of lique for bone broth for bone broth hot cacao
- Choice whipped cream like coconut or almond

Organic



[Tap Here](#)

Ceremonial Grade



[Tap Here](#)

Ceremonial Grades Recommended to me by Followers:



[Tap Here](#)

[Tap Here](#)

Sleepy time drinks

- Chamomile tea
- Lavender tea
- Valarian Root Tea
- Tart Cherry Juice
- Warm Golden Milk

Tart Cherry juice easy mixes:

- 1/2 cup with water + 1/2 cup tart cherry juice
- 1/2 cup with water + 1/2 cup tart cherry juice + collagen (helps with blood sugar)
- 1/2 cup coconut water + 1/2 cup tart cherry juice
- 1/2 cup tart cherry juice + 1/2 can poppi or olipop or choice sparkling water

Recipes:

1. Tart Cherry Limeade:

- 1/2 cup tart cherry juice
- 1 tablespoon freshly squeezed lime juice
- 1/2 - 1 tablespoons honey (adjust to taste)
- 1/2 cup sparkling water
- Ice cubes
- Mix all together!

3. Cherry-Pomegranate Spritzer:

- 1/2 cup tart cherry juice
- 1/4 cup pomegranate juice
- 1 cup sparkling water
- Ice cubes
- Mix all together!

Sleepy Time Gummies Recipe

Ingredients:

- 2/3 -1 cup Tart Cherry Juice
- 1/2 - 3/4 cup Blueberries
- 4 tablespoons gelatin, unflavored + grass-fed
- Optional:
 - 1/2 teaspoon vanilla extract
 - 1/2 - 1 tablespoon honey or pure maple syrup
 - 1 - 2 scoops powdered magnesium

Steps:

- Place tart cherry juice and blueberries into a sauce pan, and heat over medium heat.
- Stir blueberries, and cook until steaming & berries are soft, add optional honey or maple syrup.
- Put tart cherry juice and blueberries into a blender or food processor. Blend until smooth.
- Add 4 tablespoons of gelatin to blender & blend until smooth.
- Pour mixture into candy molds, or a 9x9 glass dish work too! refrigerate for 30 minutes - an hour.

Notes:

- Store in fridge for up to a week - 10 days
- Can eat 5-8 gummy bears or 1 brownie sized square
- It's hard to eat "too much" do too not a lot of tart cherry juice and gelatin in entire mix
- Hot tip: swap out tart cherry juice for any juice and now you have a gummy you can enjoy anytime of day with the gut benefits!

Tart Cherry Juice Alternatives + Sleepy Time Hack

Don't want to use tart cherry juice to help with sleep? Here are some alternatives:

Tart Cherry Concentrate



[Tap Here](#)

Tart Cherry Powder



[Tap Here](#)

Tart Cherry Capsules



[Tap Here](#)

Sleepy Time Hack:

- 1 TSP honey (preferably local/raw), and a pinch of sea salt
- Simply mix the two together and place under tongue 30 minutes before bed.
- Honey tends to be low glycemic but helps moderate levels of insulin which helps promote the release of melatonin to make us sleepy
- This also helps our liver's glycogen stores. While we sleep our brain actually uses glycogen. If it's low, this can induce a stress response, causing us to wake.
- Helps suppress cortisol and adrenaline.



CORTISOL + NERVOUS SYSTEM CHEATS

Alcohol

Effects of Alcohol on Cortisol, Hormones, and Neurotransmitters

Alcohol and Cortisol

- **Increases Cortisol Levels:** Alcohol consumption can lead to an increase in cortisol, the body's primary stress hormone. Elevated cortisol levels can contribute to anxiety, disrupted sleep, and weight gain, particularly around the abdomen.
- **Chronic Stress:** Regular alcohol intake can keep cortisol levels consistently high, which may result in chronic stress and its associated health issues.

Alcohol and Other Hormones

- **Disrupts Hormonal Balance:** Alcohol affects various hormones, including insulin, estrogen, and testosterone, leading to imbalances that can impact metabolism, reproductive health, and overall hormonal regulation.
- **Impairs Sleep:** Alcohol can interfere with the production of melatonin, the hormone responsible for regulating sleep-wake cycles, resulting in poor sleep quality and disruptions in circadian rhythm.
- **Influences Appetite Hormones:** Alcohol can increase levels of ghrelin, the hunger hormone, and decrease leptin, the hormone that signals fullness, potentially leading to increased appetite and overeating.

Alcohol as a Depressant

- **Central Nervous System Depressant:** Alcohol is a depressant that slows down the central nervous system, which can result in sedation, impaired cognitive and motor functions, and altered mood.
- **Disrupts Neurotransmitters:** Alcohol affects the balance of neurotransmitters in the brain, such as serotonin and dopamine. These disruptions can lead to mood swings, anxiety, and depression. Chronic alcohol use can deplete these neurotransmitters, worsening mental health issues over time.



CORTISOL + NERVOUS SYSTEM CHEATS

Workouts

Guide to Understanding the Effects of Workouts and Cortisol

What Normally Happens with Cortisol When You Workout

- Cortisol, often referred to as the "stress hormone," is released by the adrenal glands in response to physical or mental stress. During a workout, your body perceives exercise as a form of stress, which leads to an increase in cortisol levels. This increase helps mobilize energy by breaking down stored glucose and fat, enhancing the body's ability to sustain the physical effort.

What Happens When Cortisol is Dysregulated and You Workout

- When cortisol levels are dysregulated—either chronically high or low—exercise can exacerbate the imbalance. If cortisol is already elevated due to chronic stress, intense workouts can lead to further spikes, contributing to feelings of exhaustion, anxiety, and difficulty recovering. Conversely, if cortisol is chronically low, the body might struggle to generate enough energy for the workout, leading to fatigue and poor performance.

Are Slower and Lighter Workouts Better for Cortisol?

- Yes, slower and lighter workouts can be beneficial for cortisol regulation. Activities like walking, gentle yoga, slower Pilates, and light resistance training can stimulate the body without causing significant spikes in cortisol. These workouts promote relaxation and recovery, making them ideal for those looking to balance cortisol levels.
 - For example, if you already do weightlifting, cut down on the weight and intensity and allow for longer rests between sets.
 - I use to do CrossFit and it ran my body into the ground. So, I would take it slower, do less weight, and take breaks as I needed to.
 - Sprinkling in zone 2 workouts can be beneficial. Keep reading for more info on zone 2.

Guide to Understanding the Effects of Workouts and Cortisol

Zone 2 Workouts: Benefits and Incorporation

- Zone 2 workouts are performed at a moderate intensity, where your heart rate is between 60-70% of your maximum heart rate. These workouts improve aerobic capacity and metabolic health without causing significant stress on the body. Incorporating Zone 2 workouts 2-3 times a week can be beneficial for overall fitness and cortisol regulation.
 - Think of zone two where you are breathing harder, but can still talk. It is a step down in intensity compared to a high intensity workout.
 - An energetic fast walk, riding a bike, steady weight lifting
 - This is a sweet spot for fat loss too and can be used as an area to not “destroy” the body. It’s a win-win.

Post-Workout Recovery: Vagal Toning and Somatics

- After workouts, it's important to help your body transition from a heightened state to a relaxed one. See the Guided Videos in your Beat the Burnout to perform after workouts. This will promote a parasympathetic (rest-and-digest) response. Somatic practices, such as gentle stretching and body awareness exercises, can also aid in recovery and stress reduction.

Understanding the Urge for High-Intensity Workouts in a Fight-Flight State

- When you're in a fight-flight state, your body is primed for action. This is a natural response to perceived threats, driven by the release of adrenaline and other stress hormones. As a result, you may feel an urge to engage in high-intensity workouts, which mimic the intense physical activity that this state prepares your body for. However, while these workouts can provide a temporary release of built-up energy, they can also exacerbate stress and cortisol dysregulation over time.
- This is not to say to completely get rid of HIITs but rather cut back on them and allow rest days, and different type of workouts.

Guide to Understanding the Effects of Workouts and Cortisol

Pre- and Post-Workout Nutrition: Protein + Carb Pairings

- Consuming a combination of protein and carbohydrates before and after workouts helps repair muscle and replenish energy stores. Here are some simple pairings:
 - Greek yogurt with berries
 - Protein shake with a banana
 - Whole grain toast with almond butter (lower protein)
 - Chicken breast with sweet potato
 - Cottage cheese with pineapple
 - Hummus with whole grain crackers
 - Plus, the examples give at the top of this Cheatsheet

Ideas for Active Rest Days

- Mobility Flows: See you Bonuses for Guide Mobility
- Vagal Toning + Somatic Series that are in Beat the Burnout and Seven Day Somatics.
- Gentle Yoga: Focus on stretching, deep breathing, and relaxation.
- Tai Chi: Slow, deliberate movements combined with deep breathing.
- Light Swimming: Leisurely swimming to engage muscles without high intensity.
- Nature Walks: Walking in a natural setting to reduce stress and promote relaxation.
- Stretching Sessions: Spend time on a full-body stretch routine to enhance flexibility and reduce muscle tension.
- Leisurely Cycling: A calm bike ride at a slow pace to enjoy the surroundings without pushing too hard.
- Gardening: Light gardening tasks can be therapeutic and provide gentle physical activity.
- Dancing: Engage in slow, relaxed dancing to enjoy movement without intensity.
- Playing: Playing with your kids, family, friend etc.

Guide to Understanding the Effects of Workouts and Cortisol

Sample Monthly Workout Template

Week 1:

- Monday: Light Resistance Training (30 minutes)
- Tuesday: Active Rest Day (30 minutes)
- Wednesday: Walking (45 minutes)
- Thursday: Rest Day
- Friday: Slow Pilates (30 minutes)
- Saturday: Zone 2 Workout (cycling or swimming, 45 minutes)
- Sunday: Active Rest Day (stretching, 30 minutes)

Week 2:

- Monday: Light Resistance Training (30 minutes)
- Tuesday: Active Rest Day (nature walk, 30 minutes)
- Wednesday: Walking (45 minutes)
- Thursday: Rest Day
- Friday: Gentle Yoga (30 minutes)
- Saturday: Zone 2 Workout (light jogging and walking intervals, 45 minutes)
- Sunday: Active Rest Day (light swimming, 30 minutes)

Week 3:

- Monday: Light Resistance Training (30 minutes)
- Tuesday: Active Rest Day (stretching session, 30 minutes)
- Wednesday: Walking (45 minutes)
- Thursday: Rest Day
- Friday: Pilates (30 minutes)
- Saturday: Zone 2 Workout (Slightly faster resistance training , 30-45 minutes)
- Sunday: Active Rest Day (leisurely cycling, 30 minutes)

Week 4:

- Monday: Light Resistance Training (30 minutes)
- Tuesday: Active Rest Day (gardening, 30 minutes)
- Wednesday: Walking (45 minutes)
- Thursday: Rest Day
- Friday: Gentle Yoga (30 minutes)
- Saturday: Zone 2 Workout (brisk walking, 45 minutes)
- Sunday: Active Rest Day (dancing, 30 minutes)

Guide to Understanding the Effects of Workouts and Cortisol

Personalizing Your Workout Schedule

- It's important to remember that your workout schedule should be tailored to your unique fitness level, recovery capacity, and current stage in your healing journey. The template provided above is merely an example and not a rigid set-in-stone rule. Adjustments should be made based on how your body responds and what feels sustainable for you. This flexible approach ensures that your workouts support, rather than hinder, your healing process.

When to Workout

- There are different takes on this. Do what works for you.
- **Morning workouts:**
 - Natural Cortisol Rhythm: Cortisol levels are naturally higher in the morning, peaking shortly after waking. Exercising in the morning aligns with this natural peak, allowing you to utilize the elevated cortisol for energy and alertness.
 - Improved Mood and Energy: Morning workouts can help set a positive tone for the day, boosting mood and energy levels.
 - Better Sleep: Exercising in the morning can help regulate your sleep-wake cycle, promoting better sleep at night.
- **Afternoon workouts:**
 - Optimal Body Temperature: Body temperature is higher in the afternoon, which can enhance muscle function and strength, reduce injury risk, and improve performance.
 - Stress Relief: Working out in the afternoon can serve as a break from the day's stress, help release the stress, helping to manage cortisol levels.

Guide to Understanding the Effects of Workouts and Cortisol

In Summary

- For those seeking to regulate cortisol levels and build a more resilient nervous system, engaging in lighter and less intense workouts for about 4-6 weeks can be beneficial from what I have seen and done. This period can be adjusted based on individual needs—longer or shorter depending on where you are in your healing journey. The goal is to support your body in achieving balance and resilience through a mindful and adaptive approach to exercise.

Side Note:

- When focusing on these things this will accompany benefits such as fat loss, more energy, helping other hormones balance, and healing big picture things.
- I get asked questions like, “For someone with high stress and cortisol, what workouts do you recommend for weight loss?”
 - This is IT!
- Don’t forget to fuel/eat around workouts. That alone can really change the way you feel.
- Don’t let cortisol and workouts scare you from not working out or getting in movement at all. Work WITH your body.

Take Action:

- I use a planner and write out my workouts. Just a normal non-fancy schedule. I can place in active rest days, write how I feel, and keep track of what I am doing to understand why I may be more fatigued, or have higher energy.
- Find a simple workout routine planner below. You can write:
 - Your full workouts
 - Type of workout (Zone 2, walking, resistance training), active rest or rest day
 - How you feel before, during and after each movement session

workout routine

EACH MOVEMENT I MAKE IS A CELEBRATION OF MY HEALTH AND VITALITY.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Differences Between Epsom Salt, Magnesium Bath Flakes, and Magnesium Oil Spray:

Epsom Salt (Magnesium Sulfate):

- **Composition:** Epsom salt is a compound of magnesium and sulfate.
- **Usage:** Typically used in baths. Dissolves in warm water to be absorbed through the skin.
- **Benefits:** Promotes muscle relaxation, stress reduction, and potential detoxification.
- **Availability:** Easily found in stores and affordable.

Magnesium Bath Flakes:

- **Composition:** Magnesium chloride
- **Usage:** Similar to Epsom salt, used in baths for absorption through the skin.
- **Benefits:** **Provides magnesium absorption, potentially quicker and more efficiently than Epsom salt** for some individuals.
- **Availability:** Available in various forms, including flakes or crystals.
- **Drawbacks:** Can be more expensive than Epsom salt.

Magnesium Oil Spray:

- **Composition:** Magnesium chloride dissolved in water.
- **Usage:** Applied directly to the skin, where it is absorbed.
- **Benefits:** Convenient for topical application, bypasses digestive system for absorption.
- **Availability:** Easy to find in stores or online.
- **Drawbacks:** Some people may experience skin sensitivity or irritation.
 - Mix with oil or lotion to help

Differences Between Epsom Salt, Magnesium Bath Flakes, and Magnesium Oil Spray:

Which is Better?

The choice between Epsom salt, magnesium bath flakes, and magnesium oil spray largely depends on personal preference, convenience, and specific needs:

- Baths (Epsom salt or magnesium flakes): Ideal for overall relaxation, muscle soreness, and stress reduction. Suitable for those who enjoy soaking in a bath.
- Magnesium Flakes that contain magnesium chloride tend to be more bioavailable. This means our body can absorb it better.
- Magnesium Oil Spray: Convenient for targeted application and bypassing potential digestive issues with oral magnesium supplements. Great for individuals who prefer quick absorption or have digestive sensitivities.

Recommended Daily Allowance (RDA) for Magnesium:

- Adult males: 400-420 mg/day
- Adult females: 310-320 mg/day

Magnesium is an essential mineral involved in over 300 biochemical reactions in the body, including muscle and nerve function, energy production, and bone health. Adequate intake supports overall well-being.

[**Tap Here for my Topical Magnesium Favorites**](#)

Note: Always consult with a healthcare professional before starting any new supplement regimen, especially if you have underlying health conditions or are pregnant/nursing.



AFFIRMATIONS

Affirmations

Here are 30 affirmations that for self-love and feel secure

Pair this with EFT tapping in your vagal toning section + Journal

- I am worthy of love and respect just as I am.
- I love and accept myself unconditionally.
- I trust in my ability to create a safe and loving environment for myself.
- I deserve to be treated with kindness and compassion.
- I am enough, just as I am.
- I release all negative self-judgment and embrace self-acceptance.
- I am safe and protected in this moment.
- I am the source of my own security and happiness.
- I trust myself to make choices that serve my well-being.
- I am at peace with my past and excited for my future.
- I forgive myself and others for past mistakes.
- I am surrounded by love and support from within and around me.
- I am resilient and capable of handling whatever comes my way.
- I am free to express my thoughts, feelings, and desires without fear.
- I am grateful for the love and light I bring into the world.
- embrace my imperfections as part of my unique beauty.
- I deserve self-care, and I make it a priority.
- I radiate love, and it attracts positivity into my life.

Affirmations

Here are 30 affirmations that for self-love and feel secure

Pair this with EFT tapping in your vagal toning section + Journal

- I release all self-doubt and replace it with self-assurance.
- I am loved, and I am love itself.
- I trust the journey of self-discovery and personal growth.
- I choose to focus on the things that make me feel safe and loved.
- I am in control of my inner peace and serenity.
- I let go of the need for approval from others; I approve of myself.
- I am deserving of happiness, and I choose to be happy now.
- I honor my boundaries and protect my emotional well-being.
- I am a beautiful work in progress, continually growing and evolving.
- I believe in my ability to overcome challenges with grace.
- I am open to receiving all the love and goodness that the universe offers.
- I am a unique, valuable, and irreplaceable individual, and I love myself for it.

Affirmations

Here are 30 affirmations that for when you feel stressed & need help calming down and feeling safe

Pair this with EFT tapping in your vagal toning section + Journal

- I am safe and protected in this moment.
- I release tension and embrace relaxation.
- I trust in the process of life, and I am supported.
- I breathe deeply and let go of anxiety.
- I am in control of my thoughts and emotions.
- I am capable of handling whatever comes my way.
- I let go of worry and find peace within.
- I am resilient and will overcome this challenge.
- I am at ease with the present moment.
- I release stress and welcome calmness.
- I am surrounded by a sense of peace and serenity.
- I trust in my ability to find solutions.
- I focus on the things I can control and let go of the rest.
- I choose to be kind and gentle with myself.
- I invite positive energy and relaxation into my life.
- I trust my inner wisdom to guide me through difficulties.
- I am safe, and I am where I need to be.
- I release the need to be perfect and accept myself as I am.
- I am grounded, centered, and in harmony with the universe.
- I am worthy of self-care and self-compassion.
-

Affirmations

Here are 30 affirmations that for when you feel stressed & need help calming down and feeling safe

Pair this with EFT tapping in your vagal toning section + Journal

- I find comfort in my breath and the rhythm of life.
- I am open to receiving help and support from those who care about me.
- I let go of fear and embrace a sense of security.
- I am free from the weight of stress and tension.
- I trust that I have the strength to face challenges.
- I am surrounded by love, even in difficult moments.
- I am at peace with the uncertainty of life.
- I find solace in the stillness of my mind and heart.
- I am the calm within the storm of life's challenges.
- I create my own safe haven within, where I find peace and security.

Affirmations

Here are 30 affirmations that for when you feel stressed & need help calming down and feeling safe

Pair this with EFT tapping in your vagal toning section + Journal

- I find comfort in my breath and the rhythm of life.
- I am open to receiving help and support from those who care about me.
- I let go of fear and embrace a sense of security.
- I am free from the weight of stress and tension.
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Affirmations

30 Affirmations when experiencing physical pain and looking to alleviate it

Pair this with EFT tapping in your vagal toning section + Journal

- Certainly! Here are the affirmations without quotation marks:
- I acknowledge my pain, and I am open to healing.
- I release the tension and discomfort in my body.
- I am safe, and my body knows how to heal itself.
- I trust my body's ability to restore balance and health.
- I let go of the pain that no longer serves me.
- I am in control of my body and its responses.
- I deserve to live a pain-free life.
- I choose to release the pain and embrace well-being.
- I am at peace with my body, and I am getting better every day.
- I love and respect my body, and it responds with healing.
- I forgive any emotional causes of my pain and allow them to flow away.
- I am grateful for the lessons my pain has taught me.
- I release the physical tension from my body with ease.
- I am free from pain, and I welcome vitality.
- I am open to the healing energy that flows within me.
- I replace pain with love, light, and healing energy.

Affirmations

30 Affirmations when experiencing physical pain and looking to alleviate it

Pair this with EFT tapping in your vagal toning section + Journal

- I choose health, and I release pain from my body.
- I am becoming pain-free, step by step.
- I embrace relaxation and comfort in my body.
- I let go of old pain patterns, making room for new healing energy.
- I am in harmony with my body's natural healing abilities.
- I radiate health and well-being.
- I release any resistance to healing.
- I am open to the soothing energy of healing light.
- I release pain from my body with each tap.
- I am worthy of a pain-free life.
- I welcome healing and restoration into my body.
- I let go of pain, and I embrace comfort.
- I am free from pain, and I am ready to thrive.
- I am a beacon of healing energy, and it flows through me effortlessly.



QUICK VAGAL TONING

See your walk-through videos for deep vagal toning and somatic practices. Below are simple ones that are not shared in our deep dive.

Quick Vagal Toning

- Humming or Chanting: Humming or singing can stimulate the vagus nerve.
- Social Connections: Spend time with loved ones and engage in positive social interactions.
- Laughing: Laughter is a great way to stimulate the vagus nerve.
- Gargling: Gargling with warm water may activate the vagus nerve.
- Cold Exposure: Brief cold showers or plunges can stimulate the vagus nerve.
- Physical Activity: Regular, moderate exercise can improve vagal tone.
- Listening to Soothing Music: Relaxing music can promote vagal tone and relaxation.
- Sleep: Prioritize good sleep quality and quantity to support vagal tone.
- Positive Thinking: Cultivate a positive outlook and practice gratitude.
- Massage: Regular massages can relax the body and stimulate the vagus nerve.

You are doing it!



Congratulations on completing your cortisol reset cheatsheet, a powerful first step toward reclaiming your well-being. By embracing these strategies, you've already set the stage for a transformative journey.

But remember, your path to healing doesn't end here; it's just begun. As you progress through the 'Beat the Burnout' program, you'll delve deeper into nurturing your nervous system, unlocking boundless energy, and experiencing newfound relaxation. With dedicated commitment, you'll notice tension melting away, your gut health improving, and your body healing from the inside out, harmonizing your hormones and fostering resilience.

Embrace the holistic approach ahead, for in it lies the secret to enduring vitality. Keep moving forward, and you'll discover not only a healthier body but also a rejuvenated spirit, ready to embrace life's challenges with newfound strength and vigor.

Dr. Lindsey