CORTISOL ACTION KIT:

7-Day Reset to Lower Stress, Cut Cravings, and Boost Energy

ph
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LIFESTYLE CENTRE

YOUR 7-DAY STRESS & CORTISOL RESET

Cortisol isn't the enemy. It's an essential hormone that helps you wake up, respond to stress, regulate blood sugar and mobilize energy.
But when your stress response stays activated for too long, it can affect sleep, blood sugar, energy, cravings and stubborn belly fat.

For the next 7 days, we're going to focus on something simple:
Helping your body shift from
STRESS & SURVIVAL → REST, RECOVERY & BALANCE.
Each day, you'll practice 4 simple habits that take less than 20 minutes combined, while using your Daily Check-In to notice changes in your sleep, energy, cravings, mood and stress.

You don't need perfection.
Give your body 7 consistent days—and pay attention to what begins to change.

NOURISH YOUR BODY THIS WEEK

Your nervous system needs steady nourishment—not another extreme diet.

For the next 7 days:

- Eat 3 balanced, regular meals — avoid constantly skipping meals or snacking/grazing all day.
- Include plant-based protein at each meal — beans, lentils, chickpeas, tofu, tempeh, nuts and seeds. Unsweetened yogurt and omega-3-rich fish such as salmon or sardines can also be included if desired.
- Load up on colourful plants — leafy greens, cruciferous vegetables, berries and other whole fruits and vegetables provide fibre and important micronutrients.
- Choose magnesium-rich foods — leafy greens, pumpkin seeds, almonds, beans, avocado and a small amount of dark chocolate.
- Include healthy fats — walnuts, chia, flax, avocado, extra-virgin olive oil and omega-3-rich fish.
- Hydrate throughout the day — make water your primary beverage.

Keep It Simple

You don't need a complete diet overhaul in seven days.
Nourish your body. Stabilize your blood sugar. Move daily. Sleep well. And give your nervous system an opportunity to recover.
Small changes, repeated consistently, can begin changing the signals your body receives every day.

Habit 1

BREATHE BEFORE MEALS

Take 5 slow belly breaths before you eat. Inhale for 4 counts, hold for 2, exhale for 6.

Why it works: Activates your rest-and-digest system, improves digestion, and lowers cortisol.

Habit 2

MORNING SUNLIGHT

Get outside within 30 minutes of waking up, for 5-10 minutes. Face the sun. No sunglasses. No phone.

Why it works: Resets your cortisol rhythm. Helps you wake up now and sleep better later.

Habit 3

10-MIN WALK AFTER MEAL

Pick any meal. Walk outside, without scrolling. Just move and breathe.

Why it works: Regulates blood sugar, lowers stress, and improves mood.

Habit 4

TECH-FREE

Wind-Down (60 Minutes Before Bed). Turn off screens. Read, stretch, or journal. Avoid email, news, and work.

Why it works: Helps melatonin kick in. Better sleep = better cortisol control.

DAILY CHECK-IN

HOW ARE YOU FEELING TODAY?

Energy:

- [ ] Low
- [ ] Medium
- [ ] High

Cravings:

- [ ] None
- [ ] Some
- [ ] Strong

Mood:

- [ ] Calm
- [ ] Neutral
- [ ] On Edge

Sleep Quality (Night Before):

- [ ] Poor
- [ ] OK
- [ ] Deep

Wins: (Write one habit you did well today)

Anything you noticed about your body, mood, or habits?

Pick 1–2 for Extra Support:

- [ ] Stretch for five minutes before bed
- [ ] Take a warm shower in the evening
- [ ] Try a magnesium supplement (liquid or powder)
- [ ] Journal three things that went well today
- [ ] Swap one screen scroll for reading or music

Give Yourself 7 Days, Then Review...

- [ ] Did your sleep improve?
- [ ] Do you feel more clear or calm?
- [ ] Are your cravings lower?
- [ ] Do you feel less bloated or “puffy”?

After Your 7-Day Reset...
Feeling better? Keep going. These simple habits can become part of your everyday routine.
Still feeling tired, wired, craving sugar, sleeping poorly, struggling with your weight, or feeling like your body just isn't responding?
Then it may be time to look deeper.
Sometimes stress and metabolic symptoms aren't about one habit or one hormone. Your blood sugar, nervous system, sleep, metabolism, body composition and stress response are interconnected.
At All Dunamis Lifestyle Centre, our Advanced Full Body Health Assessment helps us look beneath the surface and identify patterns that may be contributing to how you feel.
And when appropriate, we can go even deeper with QEEG Brain Mapping to better understand patterns in brain and nervous system function.
Still Struggling? Don't Keep Guessing.
Reach out to us. You may benefit from a more comprehensive assessment and a personalized functional medicine program designed around what YOUR body needs.
Your symptoms are clues. Let's find the WHY.

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