Daily checklist to lower cortisol

Use these actions from the article to support a healthy cortisol pattern.

- [ ] Keep a consistent nighttime routine to protect quality sleep.
- [ ] Stay physically active on a regular basis.
- [ ] Practise meditation, yoga, tai chi or slow, controlled breathing.
- [ ] Limit caffeinated drinks, especially late in the day.
- [ ] Limit alcohol and cut back on added sugar.
- [ ] Invest in healthy relationships and make time for laughter.
- [ ] Follow a balanced, plant-focused eating pattern.
- [ ] Ask a doctor or pharmacist to review any supplement before use.
- [ ] Speak with the prescriber before changing a steroid medicine dose.
- [ ] See a doctor about a persistent round face with purple stretch marks or easy bruising.

Notes

For general education only. Not a substitute for professional medical advice.