



# The Cortisol Reset

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## Adrenal & Nervous System Support for the “Tired but Wired”

### Are You “Tired but Wired”?

Chronic stress can keep cortisol – the body’s primary stress hormone – elevated or dysregulated over time.

For women over 40, this can feel like a double-edged sword. When the nervous system stays in a constant state of alert, it can contribute to:

- **Belly fat accumulation** (often called the “cortisol belly”)
- **Sleep disruption**, especially waking between 2–4am
- **Anxiety, racing thoughts**, and mental fatigue
- **Digestive discomfort** and blood sugar swings

This guide is designed to signal safety to your nervous system, helping your stress response settle so your body can shift back toward balance and recovery.

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### The Daily Cortisol Reset Routine

#### Morning: Signal “Daytime”

- **Morning light (10 minutes):** Get outside within 30 minutes of waking. Natural light through the eyes helps set your circadian rhythm and supports healthy cortisol patterns for the day.
- **Protein first:** Eat a savoury breakfast with 20–30g of protein within 60–90 minutes of waking. Have coffee after food, not on an empty stomach.

- **Delay caffeine:** Waiting 60–90 minutes before your first cup can reduce mid-afternoon energy crashes and nervous system overstimulation.

## Afternoon: The Pattern Interrupt

- **The 3pm pause:** Instead of reaching for sugar or caffeine, take five minutes to slow down.
- **Box breathing:** Inhale for 4 counts → hold for 4 → exhale for 4 → hold for 4. Repeat 5 rounds. This breathing pattern helps shift the body from “fight or flight” into “rest and digest.”
- **Nature walk:** Even 10 minutes of walking outdoors can help lower stress hormones and improve mental clarity.

## Evening: Signal “Safety”

- **Dim the lights:** After sunset, switch to warm, soft lighting. Avoid bright screens for at least one hour before bed to support melatonin release.
- **Magnesium soak:** A warm bath with Epsom salts (magnesium sulfate) helps relax muscles and calm the nervous system.
- **Legs up the wall:** Spend 5–10 minutes in this restorative pose (Viparita Karani). It supports circulation, relaxation, and parasympathetic activation.

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## Foods That Support a Calm Stress Response

- **Vitamin C-rich foods:** Bell peppers, citrus, strawberries, broccoli (The adrenal glands have a high demand for vitamin C.)
- **Healthy fats:** Avocado, olive oil, coconut oil – essential for hormone signaling and satiety.
- **Adaptogenic herbs:** Ashwagandha and Holy Basil (Tulsi) may support stress resilience. Tulsi tea can be especially calming in the evening.

## Foods That Can Increase Stress Load

- **Sugar & refined carbohydrates:** Create blood sugar swings that increase cortisol demand.
- **Excess caffeine:** Can mimic a stress response and worsen anxiety and sleep issues.

- **Alcohol:** Disrupts deep sleep and often raises cortisol the following day.

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## Your Mantra

**I do enough. I have enough. I am enough.**

Supporting a dysregulated stress response isn't about doing more — it's about doing less, more intentionally.

**Rest is not weakness. It's a biological requirement.**

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## Disclaimer

This guide is for educational purposes only and does not constitute medical advice. Always consult your healthcare provider before making changes to your diet, supplements, or lifestyle.

[See How I Support My Resilience](#)