

# BALANCE CORTISOL CHECK-LIST

Feel Sharper When Your Work



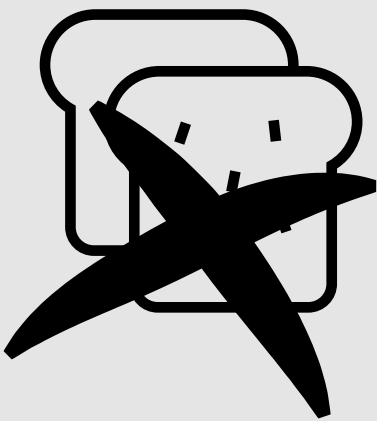
**1** MASSAGE



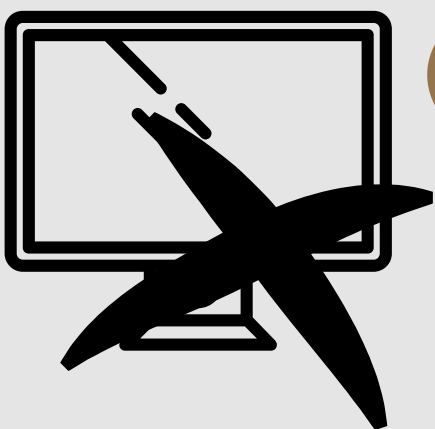
**2** WALK OUTSIDE



**3** AVOID SUGAR



**4** AVOID CARBS

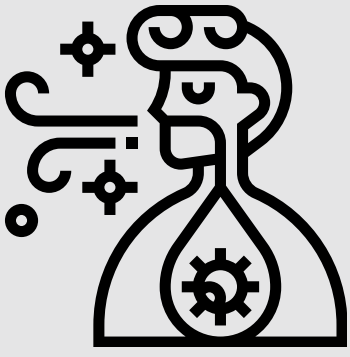


**5** AVOID SCREENS

Especially Blue  
Light Before Sleep



**6** MEDITATE



**7 BREATHING**

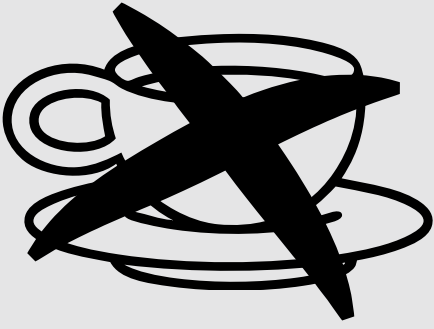


**8 ANTIOXIDANT FOODS**

Hand of Blueberries,  
Half Of Avocado,  
Olive Oil, Black Tea,  
Garlic



**9 SEX**



**10 LIMIT CAFFEINE**

1 coffee a day is OK.  
The problem is when  
you're crossing your  
limit.



**11 LAUGH**



**12 LISTEN TO MUSIC**

Classical, Bineural  
beats or the music  
you enjoy



**13 GYM**

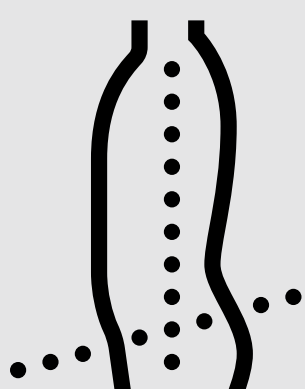
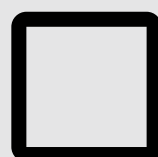
Exhausting training



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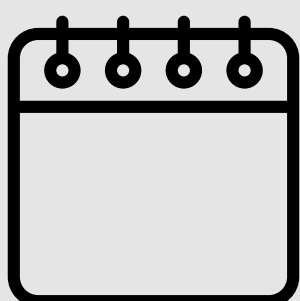
## SUPPLEMENTATION

Ashwagandha  
Rhodiola Rosea  
Multivitamin  
Fish Oil



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## FIX YOUR POSTURE



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## PREPARE FUTURE STRESSORS CALENDAR

