

# Cortisol-Balancing Cheat Sheet

*Simple Ways to Support Your Body, Lower Stress & Feel More Like Yourself*

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## **Foods That Help Lower Cortisol**

- Leafy greens – spinach, kale, Swiss chard
- Berries – blueberries, strawberries, raspberries
- Healthy fats – avocado, olive oil, nuts & seeds
- Complex carbs – oats, quinoa, sweet potatoes
- Wild-caught fish – salmon, sardines, mackerel
- Herbal teas – chamomile, lemon balm, tulsi (holy basil)
- Dark chocolate – just a square or two (70% cocoa or more)

## **Foods That May Raise Cortisol**

- Refined sugar – candy, soda, pastries
- White flour – white bread, pasta, crackers
- Excess caffeine – especially on an empty stomach
- Alcohol – disrupts sleep & hormone balance
- Fried & processed foods – especially with trans fats
- Artificial ingredients and preservatives

## **Non-Diet Habits to Support Balance**

- Aim for 7–8 hours of sleep each night
- Walk outside daily (even just 10–20 minutes)
- Practice deep breathing or prayer
- Avoid multitasking when you can
- Stay hydrated – half your body weight in ounces of water
- Laugh, connect, and enjoy uplifting time with loved ones
- Set healthy boundaries to prevent overwhelm

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✨ *Small changes add up. Choose one or two items from each section to begin this week—your body will thank you!*