

# My Daily Practice to reduce cortisol

1. Night Time
2. Morning Time
3. Food Preparation
4. Hydration
5. Toiletries & Self Care
6. Insight into WhyThe?!£@!



## **My Daily Practice to reduce cortisol**

1. **What we want is quality sleep, not waking up at 3am from excessive cortisol in our system. Here's what I do...**
2. **Magnesium Tablet(s) 1 hour before bed**
3. **Magnesium Oil on bottom of feet as you go to sleep**
4. **Lemon-Eucalyptus Essential Oil burning while you sleep**
5. **Soft non-verbal sound playing in the background; Green Noise, 432 Hz music, Schubert, Emiliano Toso**
6. **Warm in the bed with a cold room - window open for optimal oxygen levels**
7. **Black Out Curtains if early dawn wakes you up**
8. **A 3-Minute Breathing Exercise in the bed using a 1:2 in:out ratio. 5 counts in, 10 counts out**
9. **Direct the Subconscious Mind - I use my Gratitude book to doodle, colour, make notes, make lists, any version of that works as I remind myself of how deeply supported I am so as to instruct and direct my subconscious mind about what to focus on while I sleep.**

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1. What we want here is energy to beat the band! So regular physical exercise is key. So is...
2. Zinc, Vit D3 and B Complex at a minimum - I went with individual quality supplements as opposed to an all-in-one for higher grade quality and potency.
3. N-Acetyl Cysteine (NAC) - what a game changer this has been. Highly recommend you stick this on your research list.
4. Omega 3 Fatty Acids - or if you can add wild salmon to your meal (not farmed) then wild salmon is great.
5. Ashwagandha tablet, powder or get it in tea form.
6. Quality Greens Supplement - really important for anyone not already investing in a clean, organic, processed-food free diet.
7. 20-Minute walk outside as early as possible in the morning sun (which is a different sun to lunchtime)
8. Big, deep, full exaggerated breaths in and out activating your sympathetic on the way in, and your parasympathetic on the way out.
9. I burn Peppermint Essential Oil or Grapefruit by day at home, in office.

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1. Wherever possible use bone broth to cook vegetables, pasta, rice, anything that would normally be cooked in water.
2. Swap dairy for sheep or goat products.
3. Filter or boil tap water.
4. Wash fruit & veg in a mixture of 4 parts filtered water, 1 part Apple Cider Vinegar.
5. Probiotics and/or Sauerkraut, yoghurt, kefir - find the one that works for you and include it at lunch.
6. Flaxseed, hemp seed, sunflower seeds - get the ground up kind and liberally add them to everything.
7. Food cutting tools like a spiraliser to make vegetable noodles, and create a variety of salads and veg based dishes.
8. Turkey crown prepared weekly and kept in fridge for salads, sandwiches, evening meals. Quality protein and Easy maintenance

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**Hydration**

## **My Daily Practice to reduce cortisol**

1. Holy Basil (Tulsi) Organic Tea
2. Peppermint Tea
3. Turmeric Tea
4. Ashwaganda Tea
5. Lemon & Ginger Tea
6. Cinnamon Tea

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### **My Daily Practice to reduce cortisol**

1. **Natural and organic toiletries wherever possible. Ireland has a great natural brand in Kinvara that I love. Dr. Organics and Sukin are good too.**
2. **Magnesium Salt baths**
3. **Body Loofah in the shower for circulation & detox,**
4. **Diva Cup or Moon Cup - chemicals in pads and tampons are nauseating. (literally)**
5. **Somatic Body Massage fortnightly**
6. **DIY Clay Masks monthly**
7. **Tai Chi or Yoga - 8-minutes during the day**
8. **Pause & Reflect - currently this is a weekend practice - where I lie on the floor with feet straight up the wall for 10 minutes. I combine this with a mindful practice (or conscious 1:2 ratio breathing) to remind myself to slooowwwww down and feel my heart.**

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Ongoing exposure to stress takes a significant toll on the body almost entirely out of your awareness. You might notice the sleep quality is low, the weight fluctuating, the brain fog, your short(er) fuse, your addictions, self-isolating behaviour or similar, but you're not seeing that stress has marked your brain, the way a stroke leaves a lesion, compromising your quality of wellbeing, brain-body-mind.

In some cases, that ongoing exposure to stress permanently locks the body into Dysregulation (survival mode) that it won't be able to shut off, without deliberate intervention. Navigating life in this state tends to create the effect of Highly Functioning, Secretly in Despair.

Dysregulation has all of your bodily systems short circuiting and grinding. Your body is forced to operate in survival mode until we bring our focus to restoring regulation - and we can restore regulation. Just not with words, thoughts or affirmations.

Words, thoughts and mindset have very little effect on your dysregulated physiology, yet your dysregulated physiology is the biggest influence on your words, thoughts and mindset. You want a body-first approach to putting things right again. Reducing your cortisol levels is a really good starting point.



