

# Simple Ways to Support Cortisol Balance

01

CONSISTENT MEALS OF PROTEIN,  
FAT & CARBOHYDRATES

02

MORNING LIGHT TO SUPPORT  
YOUR CIRCADIAN RHYTHM

03

LESS CAFFEINE :  
SMALLER SIZE, GREEN TEA, HALF CAF OR  
DECAF COFFEE

04

GENTLE MOVEMENT

05

QUALITY SLEEP WITH A NIGHT  
TIME WIND-DOWN ROUTINE &  
PROPER SLEEP HYGEINE

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