

UNDERSTANDING STRESS & CORTISOL

KNOWLEDGE. AWARENESS. BALANCE.
SUPPORTING YOUR BODY AND MIND.



WHAT IS STRESS?

Stress is your body's natural response to challenge or danger. It can be physical, emotional or environmental. Short-term stress can be helpful. But when stress is constant, it can take a toll on your health and wellbeing.



WHAT IS CORTISOL?

Cortisol is your primary stress hormone, produced by your adrenal glands. It helps regulate energy, blood sugar, blood pressure and inflammation. It follows a natural daily rhythm: high in the morning, low at night.



WHEN STRESS BECOMES CHRONIC

When stress is constant, cortisol can stay elevated. This disrupts balance in your body and can contribute to fatigue, weight gain, mood changes and long-term health issues.

HOW CHRONIC STRESS & CORTISOL AFFECT YOUR HEALTH



MOOD & MENTAL HEALTH

High cortisol can increase anxiety, irritability, low mood and overwhelm. It affects neurotransmitters like serotonin and dopamine.



BLOOD GLUCOSE

Cortisol raises blood glucose to provide quick energy. Chronic elevation can lead to insulin resistance and blood sugar imbalances.



INSULIN & FAT STORAGE

High cortisol makes cells less sensitive to insulin, increasing fat storage (especially around the abdomen).



DIGESTION

Stress slows digestion, reduces stomach acid and enzyme production, and can trigger IBS, bloating and reflux.



SLEEP

Elevated cortisol at night makes it harder to fall asleep and reduces deep, restorative sleep.



IMMUNITY

Chronic stress can weaken your immune system, making you more prone to infections and slower recovery.



INFLAMMATION

High cortisol dysregulates inflammation, which can contribute to pain, autoimmune issues and chronic disease.



HEART HEALTH

Long-term stress can increase blood pressure, cholesterol and risk of heart disease.

THE GOOD NEWS

Your body is designed to adapt and heal. With the right tools and daily habits, you can lower stress, balance cortisol and support your long-term health.



SUPPORTING YOUR BODY. CALMING YOUR MIND. BALANCING CORTISOL.



SIGNS YOUR STRESS MAY BE TOO HIGH

- ✓ Feeling tired but wired
- ✓ Poor sleep or waking at night
- ✓ Anxiety, low mood or feeling overwhelmed
- ✓ Cravings for sugar, caffeine or comfort food
- ✓ Belly fat gain, especially around the middle
- ✓ Headaches or muscle tension
- ✓ Digestive discomfort, bloating or IBS
- ✓ Reduced motivation and focus
- ✓ Getting sick more often



SIMPLE WAYS TO LOWER STRESS

- 🛌 Prioritise quality sleep
- 🚶 Move your body daily
- 🧘 Practice slow breathing or meditation
- 🌿 Spend time outdoors in nature
- 👥 Connect with people who lift you up
- 🚫 Reduce caffeine and alcohol
- 🕒 Create boundaries and protect your time
- 🎯 Focus on what you can control

NOURISH YOUR BODY TO MANAGE STRESS



BALANCE BLOOD SUGAR

Eat regular, balanced meals with protein, healthy fats, fibre and complex carbs to stabilise blood sugar and support energy.



EAT NUTRIENT-DENSE FOODS

Focus on whole foods rich in magnesium, B vitamins, vitamin C, omega-3s and antioxidants to support your stress response.



STAY HYDRATED

Even mild dehydration can increase cortisol levels and impact mood, focus and digestion.



SUPPORT YOUR GUT

A healthy gut helps regulate mood, immunity and stress hormone balance through the gut-brain connection.

KEY NUTRIENTS FOR STRESS SUPPORT

- 🔑 MAGNESIUM – supports relaxation, sleep and muscle recovery
- 🔑 B VITAMINS – support energy, nervous system and mood
- 🔑 OMEGA-3 FATS – reduce inflammation and support brain health
- 🔑 VITAMIN C – helps regulate cortisol and supports immunity
- 🔑 ADAPTOGENIC HERBS – such as ashwagandha, rhodiola, holy basil



YOU ARE NOT ALONE

It's okay not to be okay. Small changes can make a big difference. Be kind to yourself. Take the next right step. You've got this.



DAILY REMINDERS



Start the day with intention



Take slow deep breaths



Nourish your body



Move your body



Spend time in nature



Protect your sleep



Pause, reflect and reset

STRESS IS INEVITABLE. SUFFERING IS OPTIONAL.
Understand it. Manage it. Don't let it run your life.