

Stress Management

Simple practices that measurably lower cortisol.

Sleep repairs your body. Managing stress keeps that repair from being interrupted in the first place.

What Actually Works

- **Slow breathing**
Lowers cortisol and calms your nervous system — works better than people expect
- **Morning light**
Helps regulate your cortisol rhythm for the whole day
- **Movement**
Even a short walk lowers cortisol and clears mental fog
- **A consistent wind-down**
Helps your body come down from the day

The 2-Minute Reset

When you feel stress building during the day:

- 1 Inhale for 4 seconds
- 2 Hold for 4 seconds
- 3 Exhale for 6 seconds
- 4 Repeat for 2 minutes

ONE RULE THAT CHANGES EVERYTHING

Build one small recovery moment into your day.

A walk outside. Two minutes of breathing. Five quiet minutes before you check your phone. One consistent reset point changes how your body handles everything else.

Managing stress protects your body. Connection is what protects your mind — that's next.