



When stress is balanced, your body feels strong, focused and energised.
When it's not, your health, mood and sleep can suffer.



Stress is a natural part of life. It helps keep us safe, alert and able to respond to challenge. But when stress becomes constant, it can disrupt the body's delicate balance and lead to fatigue, burnout, hormonal imbalances and a wide range of health issues.

This e-book explores how stress affects your body through cortisol, why chronic stress can be so damaging, and how you can reset your stress response naturally.

By understanding your body's stress system and learning simple, practical strategies, you can restore balance, improve energy and support long-term wellbeing.



WHAT IS CORTISOL?

Cortisol is a hormone produced by your adrenal glands. It is part of your body's natural stress response and plays a vital role in many functions, including:

-  Regulating energy and blood sugar
-  Supporting immune function
-  Controlling inflammation
-  Supporting brain function and focus
-  Helping the body respond to stress

THE CORTISOL RHYTHM

Cortisol follows a natural daily rhythm controlled by your body's internal clock (circadian rhythm).



HIGHEST IN THE MORNING
Helps you wake up, feel alert and ready for the day ahead.



DECLINES DURING THE DAY
Cortisol gradually lowers as the day goes on.



LOWEST AT NIGHT
Allows your body and mind to relax and prepare for restorative sleep.

SIGNS YOUR CHRONIC STRESS RHYTHM MAY BE OUT OF BALANCE

-  Tired but wired at night
-  Struggling to get up in the morning
-  Afternoon energy crashes
-  Feeling overwhelmed or anxious
-  Irritability or low mood
-  Brain fog and poor concentration
-  Sugar or caffeine cravings
-  Weight gain around the abdomen
-  Poor sleep quality
-  Frequent colds or illness
-  Feeling exhausted but unable to rest

WHAT THIS E-BOOK WILL HELP YOU DO



- ✓ Understand your body's stress response
- ✓ Recognise signs of cortisol imbalance
- ✓ Learn simple daily strategies to reset cortisol
- ✓ Support energy, mood, sleep and overall wellbeing
- ✓ Build resilience for long-term health



Stress isn't always in our control, but our response to it is.
Small daily habits can help reset your cortisol and restore balance.



Our daily habits can create health or illness



STRESS & CORTISOL RESET

Causes, Symptoms & The Cortisol Cycle

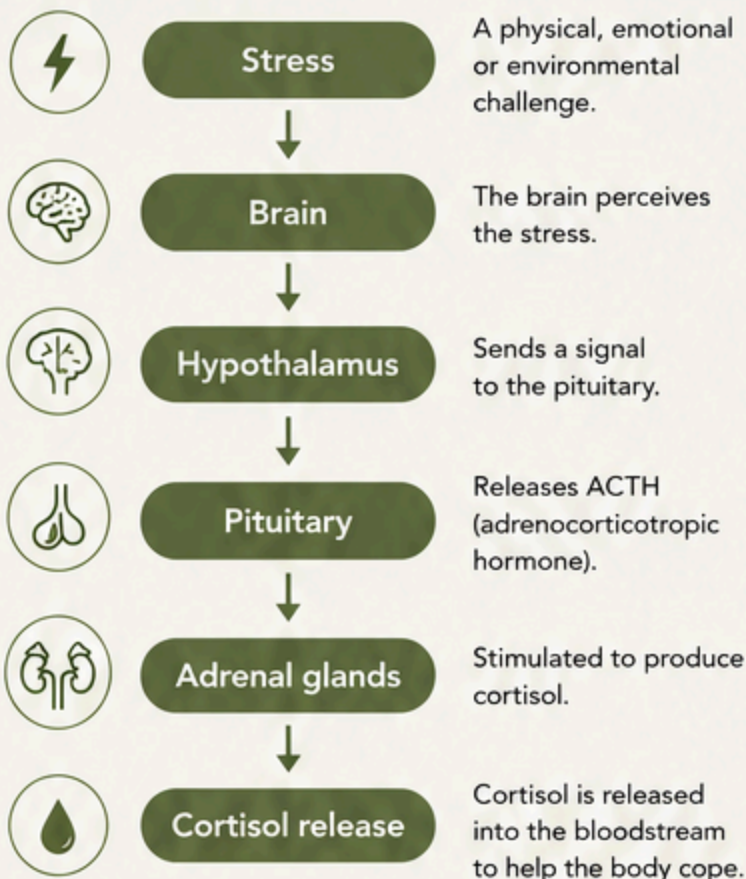


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THE STRESS RESPONSE

Your body is designed to respond to stress.
It's all about balance.



HEALTHY RESPONSE vs CHRONIC ACTIVATION

HEALTHY RESPONSE



- Short-term activation when needed
- Helps you stay alert, focused and energised
- Returns to baseline after the stressor passes
- Supports resilience and wellbeing

VS

CHRONIC ACTIVATION



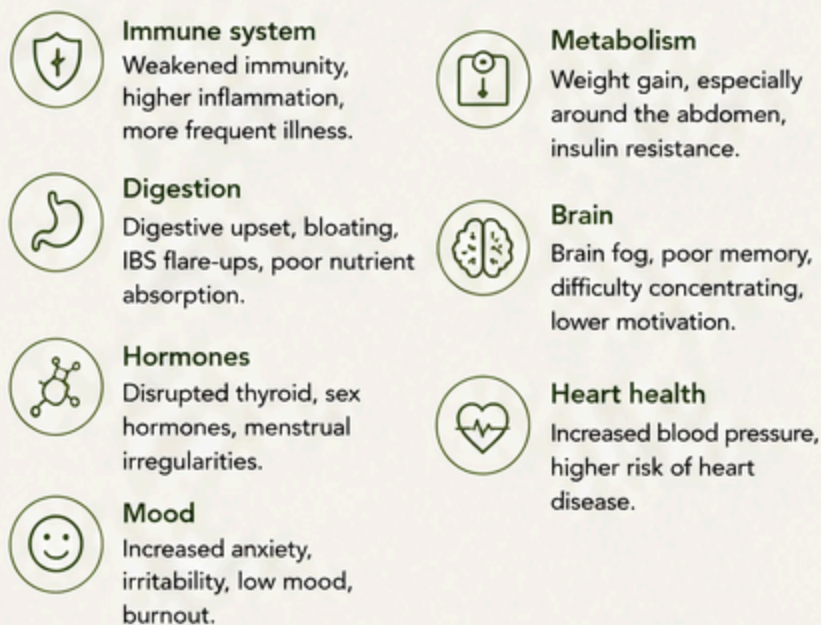
- Stress is constant or unresolved
- Cortisol stays high for too long or becomes imbalanced
- The body can't switch off and rest
- Leads to fatigue, burnout and disease over time

COMMON CAUSES OF CORTISOL DYSREGULATION



LONG-TERM EFFECTS OF CHRONIC STRESS

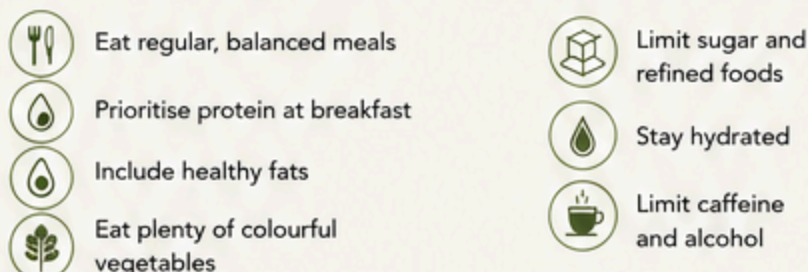
When cortisol is out of balance for too long, it can affect many systems in the body.



MANAGEMENT: KEYS TO RESET CORTISOL

- ✓ Identify and reduce unnecessary stressors
- ✓ Support healthy sleep and daily rhythms
- ✓ Balance blood sugar with regular meals
- ✓ Nourish the body with whole foods and key nutrients
- ✓ Use supportive therapies to calm the nervous system
- ✓ Move daily – but don't overdo it
- ✓ Take time for rest, relaxation and connection

NUTRITION: FOUNDATIONS FOR BALANCE



SUPPORTIVE THERAPIES

- Naturopathy – individualised support and herbal medicine
- Nutrition – tailored dietary strategies
- Meditation & mindfulness – calm the mind
- Breathwork – reduces stress and lowers cortisol
- Yoga & stretching – supports nervous system regulation
- Massage – relaxes muscles and the nervous system
- Acupuncture – supports stress resilience and balance

Understanding your stress response is the first step.
With the right support, you can reset your cortisol,
restore balance and feel your best again.

Our daily habits can create health or illness



STRESS & CORTISOL RESET

A NATUROPATHIC GUIDE TO
BALANCING STRESS & RESTORING HORMONE HEALTH



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8 SMART STEPS TO RESET CORTISOL

1



STABILISE BLOOD SUGAR

Keep blood sugar steady by eating regular, balanced meals with protein, healthy fats, fibre and complex carbohydrates.

2



PRIORITISE PROTEIN AT BREAKFAST

A protein-rich breakfast helps regulate blood sugar, supports energy and reduces stress hormone spikes throughout the day.

3



REDUCE EXCESSIVE CAFFEINE

Too much caffeine can spike cortisol and lead to energy crashes. Aim for 1–2 cups early in the day.

4



GET MORNING SUNLIGHT

Natural light in the morning helps set your circadian rhythm and supports balanced cortisol patterns.

5



WALK DAILY

Daily movement lowers stress, improves mood and helps regulate cortisol levels. Aim for at least 20–30 minutes.

6



IMPROVE SLEEP ROUTINE

Quality sleep is essential for cortisol balance. Create a relaxing night-time routine and aim for 7–9 hours each night.

7



PRACTICE SLOW BREATHING

Slow, deep breathing activates your parasympathetic nervous system and lowers stress hormone levels.

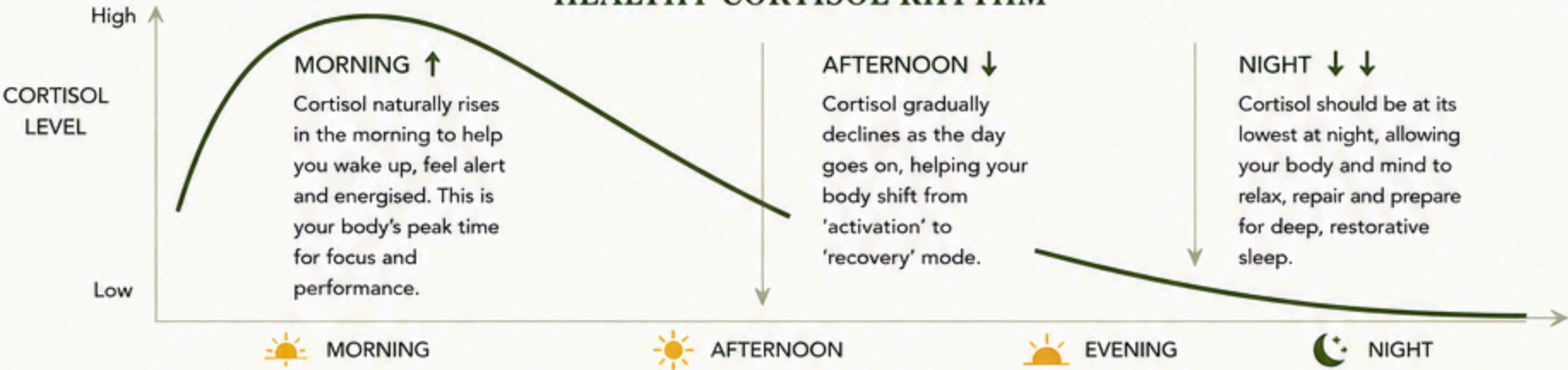
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SUPPORT RECOVERY BEFORE INTENSITY

Rest and recovery are when your body rebalances. Avoid overtraining and build your workouts gradually.

HEALTHY CORTISOL RHYTHM



When this natural rhythm is disrupted by chronic stress, poor sleep, or lifestyle factors, you may feel tired, wired, anxious, or struggle with sleep and recovery.

✓ DO'S

- ✓ Eat regular, balanced meals
- ✓ Stay hydrated
- ✓ Get morning sunlight
- ✓ Move your body daily
- ✓ Practice deep breathing
- ✓ Prioritise quality sleep
- ✓ Take time for rest and fun
- ✓ Set healthy boundaries
- ✓ Ask for help when needed

✗ DON'TS

- ✗ Skip meals
- ✗ Rely on caffeine to get through the day
- ✗ Stay up late or have irregular sleep
- ✗ Overtrain or push through exhaustion
- ✗ Constantly multitask
- ✗ Ignore your need for rest
- ✗ Compare yourself to others
- ✗ Live in survival mode
- ✗ Neglect self-care

LIFESTYLE SUGGESTIONS

- Create a consistent daily routine
- Go to bed and wake up at the same time
- Get outside daily – morning light is ideal
- Take short breaks throughout the day
- Connect with loved ones
- Make time for what brings you joy



Understanding your stress response is the first step.
With the right support, you can reset your cortisol, restore balance and feel your best again.



Our daily habits can create health or illness



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DAILY ROUTINE



Morning:

- Get outside for natural sunlight within 30–60 minutes of waking to help set your cortisol rhythm.
- Drink a glass of water and avoid caffeine on an empty stomach.
- Eat a protein-rich breakfast to stabilise blood sugar and support steady energy.
- Set a positive intention for the day and breathe deeply for a few minutes.



Midday:

- Eat a balanced lunch with protein, healthy fats, vegetables and whole foods.
- Step away from your desk – take a short walk outside or do a gentle stretch.
- Practice a 2–5 minute breathing break to reset your nervous system.
- Stay hydrated and choose herbal tea or water instead of extra caffeine.



Afternoon:

- Aim for steady energy – avoid sugar, refined carbs and large caffeine hits.
- Have a small protein-rich snack if needed (e.g. nuts, seeds, yoghurt, or a boiled egg).
- Do a few minutes of movement – walk, stretch, or mobility exercises.
- Manage stress by focusing on one task at a time and taking mini breaks when needed.



Evening:

- Reduce screen time at least 1–2 hours before bed.
- Enjoy a calming dinner with magnesium-rich foods (e.g. leafy greens, seeds, salmon, avocado).
- Do something relaxing – reading, journaling, gentle yoga, or meditation.
- Practice slow breathing (4–6 breaths per minute) for 5–10 minutes before bed.
- Support deep sleep with a consistent bedtime and a cool, dark room.

TIPS TO CALM STRESS & RESET CORTISOL



- Stabilise blood sugar with regular meals
- Prioritise high-quality protein
- Limit caffeine to 1–2 cups early in the day
- Get morning sunlight daily
- Move your body every day
- Practice slow, deep breathing
- Prioritise 7–9 hours of quality sleep
- Take short breaks and rest when needed
- Avoid overtraining and excessive exercise
- Stay hydrated
- Connect with nature
- Nourish your body with whole foods
- Focus on what you can control
- Ask for support when you need it
- Celebrate small wins



CORTISOL RESET SUPPORT PROGRAM



Reduce stress, balance your hormones and feel like yourself again.



Nutritional strategies to support blood sugar balance and energy



Stress management techniques to calm your nervous system



Sleep support to improve restorative rest



Lifestyle tools to build resilience and long-term wellbeing



Consistent daily habits can help regulate your cortisol levels, improve energy, enhance mood, and support long-term health. Small changes each day create a calmer mind, a more resilient body, and a healthier you.



Our daily habits can create health or illness



STRESS & CORTISOL RESET

Nourish Your Body. Calm Your Mind. Restore Balance.



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NUTRITION: THE FOUNDATION

Balanced nutrition helps stabilise blood sugar, support adrenal function and build resilience to stress.



Eat regular, balanced meals to keep blood sugar steady and energy levels stable.



Include protein at every meal to support mood, focus and satiety.



Eat plenty of colourful vegetables and fruits for vitamins, minerals and antioxidant support.



Stay hydrated – dehydration can increase cortisol.



Limit caffeine and alcohol – they can overstimulate your stress response.



HERBS TO SUPPORT STRESS RESILIENCE



Ashwagandha

An adaptogen that helps the body adapt to stress and supports cortisol balance.



Rhodiola

Helps improve mental performance, reduce fatigue and support resilience.



Holy Basil (Tulsi)

Adaptogenic herb that supports calm, focus and a healthy stress response.



Licorice Root

Supports adrenal function and healthy cortisol rhythm (use with guidance if you have high blood pressure).



Lemon Balm

Calms the nervous system and supports relaxation and restful sleep.



HERBAL TEAS TO CALM & RESTORE



Chamomile

Calms the mind, supports relaxation and restful sleep.



Lemon Balm

Reduces anxiety and supports a calm mood.



Passionflower

Soothes the nervous system and helps ease worry and tension.



Oatstraw

Nourishes the nervous system and supports adrenal health.



Green Tea & Matcha

Rich in antioxidants and L-theanine to promote calm focus, steady energy and stress support.



DIET FOR STRESS BALANCE

Focus on whole, nutrient-dense foods to support your body's stress response.

FOODS TO INCLUDE



Leafy greens, broccoli, capsicum, zucchini



Berries, citrus fruits, apples



Healthy fats: avocado, nuts, seeds, olive oil



Whole grains: quinoa, brown rice, oats, buckwheat



Protein: eggs, fish, chicken, lentils, tofu, tempeh



Fermented foods: kefir, sauerkraut, kimchi, miso



FOODS TO AVOID OR LIMIT



Refined sugar and sweets

Cause energy spikes and cortisol surges.



Caffeine (especially in the afternoon/evening)

Can overstimulate adrenals and affect sleep.



Alcohol

Disrupts sleep and increases stress on the liver and adrenals.



Processed & packaged foods

Often high in additives, salt and unhealthy fats.



Excessive omega-6 oils (corn, soybean, sunflower)
May promote inflammation.



MORE WAYS TO LOWER CORTISOL



Prioritise 7–9 hours of quality sleep



Move daily – gentle exercise, yoga or stretching



Practice mindfulness, meditation or deep breathing



Spend time in nature



Connect with supportive people and make time for joy

BENEFITS OF BALANCED NUTRITION & HERBAL SUPPORT

- ✓ Supports healthy cortisol levels
- ✓ Improves energy and focus
- ✓ Enhances mood and mental clarity
- ✓ Strengthens resilience to stress
- ✓ Supports better sleep
- ✓ Promotes overall health and wellbeing



A SAMPLE DAY OF SUPPORT



Start the day with warm lemon water



Eat a protein-rich breakfast



Herbal tea in the morning (e.g. lemon balm or rooibos)



Balanced lunch with veggies and healthy fats



Short walk or deep breathing break



Herbal tea in the afternoon (e.g. chamomile or oatstraw)



Nourishing dinner and time to unwind



Wind down with relaxation and an early night

Small daily choices can make a big difference.
Nourish your body, support your stress response
and feel your best again.

Our daily habits can create health or illness



STRESS & CORTISOL RESET PROGRAM



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Wellness checklist



 Nutrition & Diet	 Herbs & Supplements	 Lifestyle & Stress Management	 Mindset & Emotional Wellbeing	 Habits & Environment
☒ Eat regular, balanced meals	☒ Ashwagandha for stress resilience	☒ Aim for 7-9 hours of quality sleep	☒ Practice gratitude daily	☒ Create a calm, supportive home environment
☒ Include protein at every meal	☒ Rhodiola for energy & adrenal support	☒ Practice daily mindfulness or meditation	☒ Focus on what you can control	☒ Prioritise your most important tasks
☒ Eat plenty of veggies & fruits	☒ Holy Basil (Tulsi) for calm & balance	☒ Move daily – yoga, walking or stretching	☒ Use positive affirmations and self-talk	☒ Declutter your space
☒ Stay hydrated – drink plenty of water	☒ Lemon Balm for anxiety & sleep	☒ Practice deep breathing exercises	☒ Journal your thoughts and feelings	☒ Limit news & social media overload
☒ Limit caffeine and alcohol	☒ Magnesium for relaxation & wellbeing	☒ Take breaks throughout the day	☒ Talk to someone you trust	☒ Surround yourself with positive people
☒ Choose whole foods over processed	☒ B Vitamins for energy & nervous system support	☒ Spend time in nature	☒ Do activities that bring you joy	☒ Spend time away from technology
☒ Eat omega-3 rich foods (nuts, seeds, oily fish)	☒ Vitamin C for adrenal support	☒ Schedule time to relax and unwind	☒ Celebrate small wins	☒ Create a relaxing bedtime routine
☒ Limit sugar and refined carbohydrates	☒ Omega-3 supplements if needed	☒ Reduce screen time, especially at night	☒ Let go of perfectionism	☒ Use calming essential oils or herbal teas
☒ Plan & prepare healthy meals	☒ L-Theanine for calm focus	☒ Set boundaries and learn to say no	☒ Practice self-compassion	☒ Take regular breaks from work
☒ Consider blood sugar balance	☒ Adaptogens to balance cortisol	☒ Maintain a consistent daily routine	☒ Seek professional support if needed	☒ Make time for hobbies & passions



Our daily habits can create **health** or illness

STRESS & CORTISOL RESET SUPPLEMENT STACKS



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SUPPORTING YOUR BODY NATURALLY



NATURAL SOLUTIONS



REAL RESULTS



LASTING WELLNESS

Powerful supplements & herbs to reduce stress and support cortisol balance

The right combination of nutrients and herbs can help regulate the stress response, balance cortisol levels, improve mood, enhance energy, and build resilience over time.

ADAPTOGENS

Build Resilience to Stress



Ashwagandha

Helps regulate cortisol levels, reduces stress and anxiety, and supports calm and emotional balance.



Rhodiola

Enhances mental and physical stamina, reduces fatigue, and helps the body adapt to stress more effectively.



Siberian Ginseng

Boosts energy and endurance, supports immune function, and helps the body resist stress and fatigue.

CALMING & RELAXING

Support Calm & Reduce Anxiety



L-Theanine

Promotes relaxation without drowsiness, reduces stress and anxiety, and supports mental clarity.



Passionflower

Calms the nervous system, reduces restlessness and anxiety, and supports restful sleep.

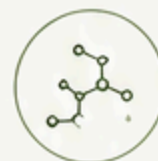


Lemon Balm

Supports relaxation, lifts mood, reduces stress and tension, and aids in better sleep.

NUTRITIONAL FOUNDATIONS

Nourish & Support the Nervous System



Magnesium Glycinate

Supports nervous system function, relaxes muscles, improves sleep quality, and helps regulate cortisol.



B Vitamins

Essential for energy production, nervous system function, and supporting adrenal health.



Saffron

Supports mood balance, reduces symptoms of stress and anxiety, and promotes emotional wellbeing.

ADRENAL & HORMONE SUPPORT

Balance Stress Hormones



Licorice Root

Supports adrenal function, helps regulate cortisol levels, and promotes energy and endurance.



Schisandra Berry

Supports the body's adaptation to stress, protects the liver, and helps maintain energy and mental performance.

MOOD & MENTAL WELLBEING

Enhance Mood & Mental Clarity



Sacred Basil (Tulsi)

Adaptogenic herb that helps the body handle stress, supports mood balance, and promotes overall wellbeing.



Saffron

Supports mood balance, reduces symptoms of stress and anxiety, and promotes emotional wellbeing.

HOW THEY HELP LOWER CORTISOL

& BUILD STRESS RESILIENCE

- ✓ Regulate the stress response and support balanced cortisol levels
- ✓ Calm the nervous system and reduce feelings of anxiety and overwhelm
- ✓ Improve sleep quality and recovery
- ✓ Enhance energy, focus and mental clarity
- ✓ Support adrenal health and hormone balance
- ✓ Build resilience so your body can handle stress more effectively

TIPS FOR BEST RESULTS



Consistency is key – take supplements and herbs regularly for best results.



Combine with healthy habits: balanced nutrition, movement, sleep and mindfulness.



Allow time – most natural supplements take a few weeks to show their full benefits.



Personalise your stack – work with a naturopath to find what's right for your unique needs.

Our daily habits can create **health** or illness

STRESS & CORTISOL RESET

SUPPLEMENT STACKS

Targeted combinations to support stress response, balance cortisol and promote calm & resilience



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POWERFUL SUPPLEMENT STACK FOR STRESS RELIEF & RESILIENCE



STRESS RESET STACK

Best for:

Regulating stress hormones
& supporting nervous system
balance

BUY NOW

MAGRELAX® (MAGNESIUM)

Magnesium to relax the nervous system, reduce stress tension and support restful sleep.



BASIC B COMPLEX

Supports energy production, nervous system function and helps the body manage stress.



CALM & CLEAR ESSENCE

Traditionally used to calm the mind, reduce nervous tension and support emotional balance.



STRESS RELIEF+ LIQUID

Herbal formula to help the body adapt to stress, reduce fatigue and support emotional wellbeing.



ASHWAGANDHA + SAFFRON

Adaptogenic herbs to support stress resilience, emotional balance and a positive mood.



HOW TO USE SUPPLEMENTS STACKS



Take supplements consistently for best results.



Follow timing guidelines – most stacks are best in the morning or evening.



Take with water and a light snack if needed.



Start with one stack at a time.



Listen to your body and adjust as needed.



Consult a qualified naturopath for personalised advice.

LIFESTYLE + SUPPLEMENTS = BEST RESULTS



Stick to a regular sleep schedule



Get natural light early in the day



Manage stress daily



Move your body regularly



Eat wholefoods & stay hydrated



Create a calm bedtime routine



Better calm is not a luxury, it's a foundation for your health.
Small daily habits can help reset your stress, balance cortisol and transform your life.



Our daily habits can create health or illness

