



Session 4: Healthy Routines + Habits

Stress

We increase the hormone melatonin and decrease the hormone cortisol throughout the day. However, cortisol can be a problem if we are overstressed, overstimulated and/or overwhelmed.

What is causing your stress, overstimulation and/or overwhelm?

Can any of this be addressed and dealt with?

We need to ensure we are able to self-soothe to unwind and decrease cortisol. What soothing activities could you do/are willing to do in the evening to wind down?