



# Daily Nervous System Checklist

Cortisol & Vagus Balance Guide









## CORTISOL — BOOSTS vs BLOCKS

*Healthy boost = morning rise • Healthy block = evening fall*

### Morning Cortisol Boosters









*Activate your "ON" switch*

- ☐  Morning daylight (5–10 min)
- ☐  Cool shower or cool water on face
- ☐  Walking or light movement early
- ☐  Fast or shallow breathing
- ☐  Protein-rich breakfast
- ☐  Cold stimulation (neck, face)

✓ Morning alertness, focus, waking up







### Evening Cortisol Blockers

*Support natural wind-down*

- ☐  Dim light after 8–9 p.m.
- ☐  Digital sunset (no screens)
- ☐  Slow exhale breathing (4–6 sec)
- ☐  Hug ≥ 20 seconds
- ☐  Gentle walk
- ☐  Reading
- ☐  Warm bath or warm compress
- ☐  Soft rhythmic music

### Cortisol Disruptors (Avoid)

*These disrupt the natural rhythm*

- ☐  Evening Netflix / YouTube / scrolling
- ☐  High-intensity workouts late evening
- ☐  Late sugar or heavy meals
- ☐  Caffeine after 2 p.m.
- ☐  Arguments, emotional stressors
- ☐  Bright lights at night

⚠ Flattened morning cortisol + elevated night cortisol = "tired but wired"



## VAGUS NERVE — BOOSTS vs BLOCKS

*Boost = calm, safety, clarity • Block = stress, tension, reactivity*



### Vagus Nerve Activators

*"You're safe now" signals*

- ☐ 😞 Slow, long exhalations
- ☐ 🎵 Humming / chanting / soft singing
- ☐ 🧘 Gentle neck stretches
- ☐ 👤 Light touch on face/neck
- ☐ 🙌 Warmth around eyes, face, chest
- ☐ 🚶 Slow rhythmic walking
- ☐ 🫁 Diaphragmatic breathing
- ☐ 🙏 Gratitude / mindful refocusing
- ☐ 🤗 Safe physical contact (hug, touch)
- ☐ 🌳 Time outdoors

✓ Higher HRV → Lower tension → Clearer thinking → Emotional steadiness



### Vagus Nerve Blockers

*"On guard" stress signals*

- ☐ 😞 Jaw tension
- ☐ 🧠 Overthinking, rumination
- ☐ 👁 Prolonged screen focus
- ☐ 🫁 Shallow breathing
- ☐ 😬 Neck/shoulder tightness
- ☐ 😡 Conflict or emotional overload
- ☐ ⚡ Multitasking & constant notifications
- ☐ 🤖 Urgency, pressure, perfectionism
- ☐ 🍷 Alcohol before sleep
- ☐ ☕ Excess caffeine when stressed

⚠ Low HRV → Hard to relax → Hard to focus → Emotional reactivity → Poor sleep



## YOUR DAILY 6 SIGNALS TO NOTICE

- ☐ 🧠 **Fog** = You need oxygen + micro-movement (*Brain needs circulation → stand, stretch, breathe.*)
- ☐ 😞 **Tension** = You need a vagus reset (*Neck/jaw/shoulders = key stress hubs.*)
- ☐ 🌙 **Wired at night** = You need cortisol blocks (*Dim lights, slow breath, no screens.*)
- ☐ ❤️ **Racing thoughts** = You need a long exhale (*Extend exhale → nervous system shifts out of alert mode.*)
- ☐ 🌬️ **Sudden energy drop** = You need fresh air + movement (*Even 2 minutes shifts your body out of "low mode."*)
- ☐ 🗨️ **Overwhelm** = You need one 2-min pause (*When the mind overloads → micro-pause resets clarity fast.*)

✨ Get ready to wake up supercharged with Aura.