



# 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.