



## Daily Habits and Lifestyle Changes for Hormonal Harmony

The goal is to incorporate more of the following habits and activities in your daily life which all start with being mindful about doing them in the first place. **Remember:** a healthy body is a responsive body!

- **Prioritize quality sleep**

- Aim for 7-9 hours of quality sleep per night to support hormone regulation and stress reduction.
- Establish a consistent sleep routine (same bedtime and wake-up time).
- Avoid screen time (blue light) at least 30 minutes before bed to promote better sleep.
- Create a dark, cool, and quiet sleep environment.
- Take 3 capsules of Prestige Sleep\* at least 30min prior to bed to support falling asleep faster, staying asleep, REM sleep, decreasing cortisol and inflammation, and decreasing anxiety

- **Engage in regular physical activity**

- Allow for proper rest and recovery between intense training sessions
- Incorporate low-intensity activities such as stretching, yoga, swimming, and walking
- Aim for 10,000 steps per day

- **Practice stress reduction techniques**

- Daily journaling or gratitude practices for improved mindfulness to reduce stress and improve mental wellbeing
- Consider engaging in hobbies or creative outlets that help you relax
- Incorporate deep breathing exercises (**see Breathing Exercises for Stress Reduction PDF for examples**)

- **Reduce exposure to environmental toxins**

- Switch to natural cleaning and personal care products to minimize exposure to endocrine-disruption chemicals.
- Opt for BPA-free containers and avoid microwaving food in plastic to reduce exposure to hormone-disrupting chemicals.



- **Spend more time in nature**
  - Aim for at least 20-30 minutes of outdoor time daily such as morning walks especially close to sunrise
  - Exposure to natural sunlight helps regulate circadian rhythm and boost Vitamin D which supports hormone balance
  - Grounding involves direct physical contact with Earth's surface (walking barfoot on grass, sand, or dirt)
    - It has been shown to reduce inflammation, improve sleep, and lower cortisol levels
- **Contrast therapy (Hot & Cold Therapy)**
  - Alternating between hot and cold temperatures helps stimulate circulation, reduce inflammation, and lower cortisol levels, contributing to better stress management and hormone balance
  - Use methods like contrast showers (alternating between hot and cold water), sauna sessions followed by cold exposure, or ice baths to reduce inflammation and boost recovery.
- **Epsom salt baths**
  - Epsom salt (magnesium sulfate) baths help relax muscles, reduce stress, and promote detoxification through the skin. Magnesium is essential for reducing cortisol levels and improving hormone balance.
  - Take a 20-minute bath with 1-2 cups of Epsom salt 2-3 times per week, especially after stressful days or intense workouts.
- **Positive social connections**
  - Social support and meaningful connections can significantly reduce stress, improve mental health, and lower inflammation. Being part of a supportive community positively affects hormones like oxytocin, the “bonding hormone.”
  - Make time to connect with friends, family, or community groups at least a few times a week. Meaningful interactions and laughter can lower stress and support mental and hormonal health.
  - Practice saying ‘no’ to things that drain you (when in your control!)



- **Nutrition and diet-related habits**

- Your diet should mainly consist of whole, fresh food sources
  - Choose organic whenever possible
- Avoid highly processed foods as much as possible
  - Moderation is key
- Start your day with 8-10oz of spring water with a pinch of sea salt to support hydration, electrolyte balance, energy, and adrenal support
- Season your food with anti-inflammatory spices such as turmeric, ginger, garlic, cinnamon, and cayenne pepper into meals for their inflammation-fighting properties.
- Ideal to eat every 3-4 hours to keep blood sugar stable and cortisol levels balanced to avoid blood sugar crash + overeating cycle
- Practice mindful eating
  - Chew slowly, eat without distractions, and stop when you feel about 80% full. This helps digestion and can reduce stress on the body.
- After each meal (as often as possible), take a 10min walk or engage in light movement after each meal to help improve insulin sensitivity and improve digestion

\*You can find Prestige Sleep and other Prestige supplements at A1 Health and Fitness.