

# The 5-Minute Cortisol Reset That Brings Your Testosterone Back Online

Your body can't build testosterone if it thinks you're being chased by a tiger. This is the fastest way to switch off "fight or flight" and reclaim your hormonal power — anytime, anywhere.

## ■ The Stress-Reset Micro Routine

This takes just 5 minutes, no special gear needed. Use it mid-day, after stress spikes, or whenever you feel tension building.

### 1. Breath Reset (1 min)

- 6 deep nasal breaths (4s in / 6s out)
- On each exhale, say "relax" in your mind
- This activates your parasympathetic system (rest + digest)

### 2. Face & Jaw Release (30 sec)

- Massage your jaw, temples, and forehead
- Shake your face side to side
- You hold more stress in your face than you think — unclenching sends "safe" signals to the brain

### 3. Nervous System Dump (1 min)

- Shake your hands, shoulders, neck
- Optional: hop lightly in place
- Think of it as flushing out the tension chemicals stuck in your body

### 4. Grounding Activation (1.5 min)

- Take your shoes off, touch a cold surface, or step outside
- Kneel, squat, or get into a physically grounded position
- Feel where your body contacts the earth — this grounds your mental noise too

### 5. Masculine Posture Lock-In (1 min)

- Stand tall, chest open, chin neutral
- Do 10 deep "power breaths"

- Remind yourself: - “I am not overwhelmed. I am in control.” - “I respond — not react.” - “My mind is clear, my body is calm.”

## ■ ■ Why This Works

- Reduces cortisol + adrenaline in real-time
- Boosts testosterone by resetting stress hormone dominance
- Sharpens focus and mood within minutes
- Makes you feel like a grounded, calm killer again — not a scattered mess