

Natural Biohacking for Recovery

Sunlight

What Sunlight Regulates

- Cortisol timing
- Dopamine rhythm
- Melatonin onset
- Wakefulness and sleep drive



Cold

What Cold Trains

- Distress tolerance
- Response control
- Nervous system resilience
- Breath regulation under pressure



Heat

What Heat Supports

- Downshifting
- Muscle release
- Lower stress hormones
- Parasympathetic recovery



Movement

What Movement Produces

- Better mood chemistry
- More energy
- Neuroplasticity
- Impulse-reducing state change



Nature

What Nature Does

- Reduces stress
- Improves attention
- Softens urgency
- Restores perspective



Grounding

What Grounding Can Do

- Lower intensity slightly
- Support regulation
- Help you feel more anchored
- Work well inside a stack