THE HARI

LONDON

BELGRAVIA

# THE CORTISOL CALM MORNING MENU

*Curated by Resident Nutritionist, Hannah Alderson*

## LET LIGHT IN

Open your blinds as soon as you wake. Natural light helps regulate your body clock and signals to your brain that it's time to wake up, supporting a healthy cortisol response.

## HYDRATION FIRST, COFFEE AFTER EATING

Start your day with water or one of the herbal teas in your room, such as green tea, peppermint, ginger or chamomile. Save your coffee for breakfast, ideally with or after food. A fashionably late coffee can help support steadier energy throughout the day.

## MOVE GENTLY

Use the in-room wellness mat, found in your wardrobe, for a few minutes of stretching before your morning shower. Include movements such as a forward fold to encourage circulation and support a calm, alert start to your day.

## TRY A 'CORTISOL CALMER'

Avoid jumping on your phone for the first 30 minutes of your morning. Instead, take one minute to reset your nervous system. You can try: slow breathing: inhale for 4, exhale for 6. Small actions here create a measurable shift in how your body responds to stress.

HANNAH ALDERSON - CURATING WELLBEING AT THE HARI
BANT REGISTERED NUTRITIONIST | HORMONE SPECIALIST | AUTHOR
@HANNAHALDERSONNUTRITION

THE HARI

LONDON

BELGRAVIA

# THE CORTISOL CALM MORNING MENU

*Curated by Resident Nutritionist, Hannah Alderson*

## COLD WATER FACE DUNK

If you feel up to it, try a quick cold-water face splash or immersion for 5 to 10 seconds, repeating 2 to 3 times. This simple practice can promote a sense of calm alertness, helping you feel more awake and centred.

## BUILD A BALANCED BREAKFAST

When you head down to breakfast, look out for Hannah's picks on the menu. Aim to include protein, healthy fats and colourful fibre to support steady energy, balanced mood and fewer cravings throughout the day.

## A FINAL NOTE:

Travel can disrupt sleep and routine, placing unique stress on the body. Your morning can be your anchor, and even a few of these simple steps can help you feel calmer, clearer and more energised for the day ahead.

Enjoy your stay,

*love Hannah x*

HANNAH ALDERSON - CURATING WELLBEING AT THE HARI
BANT REGISTERED NUTRITIONIST | HORMONE SPECIALIST | AUTHOR
@HANNAHALDERSONNUTRITION