

# 363: Functional Medicine Meets Biohacking

## 10 Point Checklist

**Dr. Will Cole**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Put my wellness first. Obtaining an optimal level of physical wellbeing allows me to nurture personal responsibility for my health.
- Make time for self-care. This is a way to decompress and de-stress; doing so allows me to clear my head and work through any negative emotions or daily traumas that could be contributing to poor health.
- Set healthy boundaries. When I'm clear about my boundaries, people will understand my limits and know what I'm ok and not ok with. Healthy boundaries can also help build greater self-esteem.
- Start the day with a mindfulness practice. Establishing a regular mindfulness practice like journaling, prayer, or meditation can help focus on the present moment and lower overall stress levels.
- Assess my diet. The food I eat plays a major role in how I feel. Foods like sugar, alcohol and processed foods play a role in depression and anxiety. Conversely, eating foods like turkey, turmeric, and magnesium-rich dark leafy greens can help alleviate depression and anxiety by correcting deficiencies and supporting healthy brain function.
- Practice breathwork. Under stressful conditions, breathing gets shallower, which only feeds anxiety. Focused breathwork can be a great tool to bring you back to the present moment whenever you feel stress rising up and has been shown to lower cortisol levels.
- Practice grounding. Grounding is a self-soothing skill to use when you are having a bad day or dealing with a lot of stress, overwhelming feelings, or intense anxiety.
- Try adaptogenic herbs. Adaptogens are a family of plants and herbs that are considered generally safe for everyone and play a role in helping your body reduce the effects of stress and have a balancing effect on cortisol.
- Take control of my health. Adopting a proactive approach to my health will make me the driver of my health journey.
- Visit Dr. Will Cole's [website](#) to learn more about him and his services. Also, check out his popular podcast, [The Art of Being Well](#), and purchase and read his books - [Ketotarian®](#), [The Inflammation Spectrum®](#), and the New York Times bestseller [Intuitive Fasting®](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/functional-medicine-meets-biohacking-with-dr.-will-cole/>