

HPA-D Basic Physiology Action Steps

1. Discuss the difference between allostasis and allostatic load with a study partner, a colleague, a friend, or a family member.
2. Print out the full steroid pathways **handout**.
 - Keep this in a location where you are able to quickly use it as a reference. In addition, begin to familiarize yourself with this document by briefly reviewing the pathways we discussed this week with a study partner, a colleague, a friend, or a family member.
3. Listen to the podcast: **RHR: Chronic Stress, Cortisol Resistance, and Modern Disease**
 - What did you take away from listening to this podcast? Post one thing you learned or a question to the ADAPT Discussion Forum.
4. One important takeaway we discussed this week was that the physiology governing cortisol bioavailability is far more complicated than the adrenal fatigue model has led on. Post one thing that you learned this week to the ADAPT Discussion Forum, or discuss with a colleague, a friend, or a family member.