

Endocrine System

The Hormone Orchestra: Journaling My Inner Rhythm

- **Pituitary Gland – The Master Conductor**

Growth hormone is released while you sleep. How does your current sleep routine support—or challenge—your growth and energy?

What does “balance” mean to you right now in your teen years?

- **Pineal Gland – The Third Eye**

The pineal gland is connected to sleep, dreams, and intuition. What is one dream you’ve had that felt meaningful or gave you insight?

If your pineal gland is like an “inner eye,” what’s something in your life you’d like to see with more clarity?

How does screen time affect your ability to rest and dream? What small change could you try to support your inner rhythm?

- **Thyroid Gland – The Energy Regulator**

Think of a time you felt really energized and a time you felt drained. What habits or choices do you think influenced those feelings?

The thyroid depends on certain nutrients (like iodine and selenium). How do you think the foods you eat affect your energy and focus?

Holistic Reflection

Imagine your endocrine system is your body’s “inner guidance team.” What message do you think it’s trying to give you right now?

If balance is the key to hormone health, what is one area of your life (school, friendships, self-care, rest) where you’d like to find more balance, and what actions will you take to do so?
