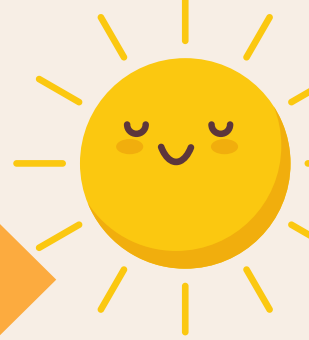


# 10 Tips for a Morning Routine that Supports Mental Health

Dr. Celena Horton LCSW, Inc.



## Activity

Think about ways you can be active or exercise in the morning. This can help boost mood and reduce stress.

## Sleep Earlier, Up Earlier

Sleep earlier to give yourself an extra five minutes when you wake up to calm your mind and body for the day.

## Breakfast

Start your day with a well-balanced meal to help boost energy. Try not to miss this important meal.

## Breathe

Whether it is lying on your bed or closing your eyes on the train/bus journey, deep breathing can provide you with a sense of calm.

## Imagery

Take five minutes to close your eyes and imagine yourself performing well throughout your day.

## Gratitude

Take a moment to appreciate everything you are grateful for. Make a list of 5 things to help start your day positively.

## Positivity

Schedule activities into your day that will provide you a sense of connectedness, pleasure, and achievement.

## Readiness

Get ready for your day by thinking about what demands you will be facing and what physical, mental, and social resources you will need to cope.

## Reflection

Take a moment to check in with yourself and monitor how you are feeling in your mind and body.

## Strengths

Take five minutes to note down your top three strengths and think about how you can put them into action throughout your day.

