

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

waking up



- choose a time
- make your bed
- leave phone out of reach
- open blinds
- light a candle or turn on diffuser
- drink a glass of water with a sprinkle of salt

getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

mind



- read fiction
- read personal development
- journal
- notice feelings
- meditate
- affirmations
- pray
- visualize goals
- do breathing exercises
- do grounding exercises
- gratitude
- write out to do's for the day
- step outside & breathe in
- listen to music
- listen to podcast
- be creative
- connect with a loved one

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David Baud



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falls detection and prevention systems in home care for older - Sep 27 2022

web dec 9 2021 for fall detection specifically the most frequently used measures are acceleration angular velocity and magnetic fields to identify body movements there are 2 types of sensors that allow the detection and prevention of falls wearable and nonwearable ones

falls and falls prevention national institute on aging - Jun 24 2022

web falls and falls prevention the risk of falling increases with age falls can be particularly dangerous for older adults often

causing fractures hospitalization and disability read the articles below to learn about fall related problems and find tips to help prevent future falls

[fall risk stratification of community living older people](#) - Feb 01 2023

web oct 27 2023 each risk category drives a distinct fall prevention intervention or treatment the split nodes are based on history of falls or three key questions on falls history unsteadiness and fear of falling 3 4 fall severity and the presence of gait and balance impairments a standardised fall risk stratification tool was highly needed

[fall prevention practices and implementation strategies](#) - May 04 2023

web jan 1 2022 hospital falls are a problem worldwide and threaten patient safety particularly among geriatric patients 1 geriatric patients are more likely to fall and sustain a fall related injury 2 4 in the united states estimated hospital fall rates vary from 3 3 to 11 5 falls per 1000 patient days 3 5 9 approximately 25 of hospital falls result

[four smart steps fall prevention for community dwelling older](#) - Mar 22 2022

web may 1 2019 a four smart steps fall prevention program exercise eye exams home safety and primary care visits presented fall prevention education for community dwelling older adults the project was

effects of falls prevention interventions on falls outcomes for - Dec 31 2022

web in residential and nursing care facilities vitamin d supplementation was effective in reducing the rate of falls yet the efficacy of exercise was unclear 4 in contrast exercise in subacute hospitals and geriatric rehabilitation centres appears effective 4 multifactorial interventions that include aerobic exercises strength training

are wearable devices effective for preventing and detecting falls - Oct 09 2023

web nov 14 2021 articles that measured reduction in falls e g reduction in hospital admission reduction in fractures improved quality of life or articles that measured the effectiveness of wearable technology in fall prevention or falls detection should be

[education interventions for health professionals on falls prevention](#) - Apr 22 2022

web nov 9 2020 this scoping review aims to i investigate the extent of reporting of falls prevention education interventions for health professionals in a healthcare setting ii appraise the quality of reporting of falls prevention education interventions using the 4ps model of education design

wearable sensor systems for fall risk assessment a review - Oct 29 2022

web jul 14 2022 other methods to assess fall risk and detect falls include through smart home technologies 2 4 camera based systems smartphone sensors as well as other non contact and wireless methods 7 8 such as monopulse doppler radar used for the detection of falls of multiple individuals