

10 TIPS FOR A MORNING ROUTINE THAT SUPPORTS MENTAL HEALTH



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ACTIVITY



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

SLOW DOWN



Slow down and give yourself plenty of time to get ready for your time. Take 5 minutes when you wake up to calm your mind and body.

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 to work, deep breathing can provide you with a sense of calm.

IMAGERY



Take 5 minutes to close your eyes and imagine yourself performing well throughout your day.

GRATITUDE



Take a moment to appreciate everything you are grateful for.

POSITIVITY



Schedule activities into your day that will provide you with 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 need available to cope.

REFLECTION



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

STRENGTHS



Take 5 minutes to note down your top 3 strengths and think about how you can put them into action throughout your day.



Mental Health Tips Ideas

ML Morrison



Mental Health Tips Ideas:

Embracing the Track of Phrase: An Psychological Symphony within **Mental Health Tips Ideas**

In some sort of taken by screens and the ceaseless chatter of immediate interaction, the melodic beauty and emotional symphony created by the published word usually diminish in to the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. However, located within the pages of **Mental Health Tips Ideas** a charming literary treasure overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant assessment, we can discover the book is key harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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