

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

**Janet A. Simons, Seth C.
Kalichman, John W. Santrock**



Mental Health Tips Ideas:

Adopting the Track of Appearance: An Mental Symphony within **Mental Health Tips Ideas**

In a global used by displays and the ceaseless chatter of fast communication, the melodic splendor and mental symphony produced by the written term usually disappear in to the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. Nevertheless, located within the pages of **Mental Health Tips Ideas** a stunning literary value brimming with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this captivating masterpiece conducts readers on an emotional journey, well unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths with this poignant review, we can examine the book is main harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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