

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.

IMAGERY



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

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.

GRATITUDE



Take a moment to appreciate everything you are grateful for.

BREAKFAST



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

POSITIVITY



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

REFLECTION



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

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.

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.

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

JS Bruner



Mental Health Tips Ideas:

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web reacting two solutions eg acid and alkali place the polystyrene cup inside the glass beaker to make it more stable measure an appropriate volume of each liquid eg 25 cm³ 3 place one of the

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web for reactions involving acetic acid or ammonia the measured enthalpy change of neutralization is a few kJ less exothermic than with strong acids and bases for example one source which gives the enthalpy change of neutralization of sodium hydroxide solution with HCl as 57.9 kJ mol⁻¹

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web sep 20 2014 i will illustrate this with some examples when an acid is neutralised by an alkali the reaction is exothermic eg 1 HCl(aq) + NaOH(aq) → NaCl(aq) + H₂O(l) for which ΔH = 57 kJ mol⁻¹ eg 2 HNO₃(aq) + KOH(aq) → KNO₃(aq) + H₂O(l) for which ΔH = 57 kJ mol⁻¹

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web the enthalpy change of neutralisation is defined as the enthalpy change when solutions of an acid and alkali react together to produce one mole of water for example $\text{hcl aq} + \text{naoh aq} \rightarrow \text{nacl aq} + \text{h}_2\text{o aq}$ you can see that one mole of water is produced when one mole of hcl or one mole of naoh reacts