

10 TIPS FOR A MORNING ROUTINE THAT SUPPORTS MENTAL HEALTH



BELIEVE PERFORM

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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

Shasha Hu



Mental Health Tips Ideas:

Whispering the Secrets of Language: An Psychological Journey through **Mental Health Tips Ideas**

In a digitally-driven world wherever displays reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and psychological nuances hidden within words usually go unheard. Yet, located within the pages of **Mental Health Tips Ideas** an interesting literary prize pulsating with organic feelings, lies an extraordinary quest waiting to be undertaken. Composed by a talented wordsmith, this enchanting opus encourages visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the cloth of every word. Within the emotional depths of the touching evaluation, we shall embark upon a heartfelt exploration of the book is key themes, dissect its interesting writing fashion, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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