

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

M Lipman



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