

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

waking up



- choose a time
- make your bed
- leave phone out of reach
- open blinds
- light a candle or turn on diffuser
- drink a glass of water with a sprinkle of salt

getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

mind



- read fiction
- read personal development
- journal
- notice feelings
- meditate
- affirmations
- pray
- visualize goals
- do breathing exercises
- do grounding exercises
- gratitude
- write out to do's for the day
- step outside & breathe in
- listen to music
- listen to podcast
- be creative
- connect with a loved one

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Healthcare Analytics Hui Yang,Eva K. Lee,2016-10-13 Features of statistical and operational research methods and tools being used to improve the healthcare industry With a focus on cutting edge approaches to the quickly growing field of healthcare Healthcare Analytics From Data to Knowledge to Healthcare Improvement provides an integrated and comprehensive treatment on recent research advancements in data driven healthcare analytics in an effort to provide more personalized and smarter healthcare services Emphasizing data and healthcare analytics from an operational management and statistical perspective the book details how analytical methods and tools can be utilized to enhance healthcare quality and operational efficiency Organized into two main sections Part I features biomedical and health informatics and specifically addresses the analytics of genomic and proteomic data physiological signals from patient monitoring systems data uncertainty in clinical laboratory tests predictive modeling disease modeling for sepsis and the design of cyber infrastructures for early prediction of epidemic events Part II focuses on healthcare delivery systems including system advances for transforming clinic workflow and patient care macro analysis of patient flow distribution intensive care units primary care demand and resource allocation mathematical models for predicting patient readmission and postoperative outcome physician patient interactions insurance claims and the role of social media in healthcare Healthcare Analytics From Data to Knowledge to Healthcare Improvement also features Contributions from well known international experts who shed light on new approaches in this growing area Discussions on contemporary methods and techniques to address the handling of rich and large scale healthcare data as well as the overall optimization of healthcare system operations Numerous real world examples and case studies that emphasize the vast potential of statistical and operational research tools and techniques to address the big data environment within the healthcare industry Plentiful applications that showcase analytical methods and tools tailored for successful healthcare systems modeling and improvement The book is an ideal reference for academics and practitioners in operations research management science applied mathematics statistics business industrial and systems engineering healthcare systems and economics Healthcare Analytics From Data to Knowledge to Healthcare Improvement is also appropriate for graduate level courses typically offered within operations research industrial engineering business and public health departments

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features such as simplified connection sharing connection wizards and updated Microsoft Outlook and Internet Explorer provide users with the ultimate Internet first aid kit The book also covers pointers for chatting online using e mail and searching the Web

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 - The Rise of Digital Reading Morning Routine Buy Online Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Morning Routine Buy Online Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
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- Integration of Multimedia Elements
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