

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

Morning Routine This Week Returns

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Morning Routine This Week Returns:

Handbook of Return to Work Izabela Z. Schultz, Robert J. Gatchel, 2015-11-13 This comprehensive interdisciplinary synthesis focuses on the clinical and occupational intervention processes enabling workers to return to their jobs and sustain employment after injury or serious illness as well as ideas for improving the wide range of outcomes of entry and re entry into the workplace Information is accessible along key theoretical research and interventive lines emphasizing a palette of evidence informed approaches to return to work and stay at work planning and implementation in the context of disability prevention Condition specific chapters detail best return to work and stay at work practices across diverse medical and psychological diagnoses from musculoskeletal disorders to cancer from TBI to PTSD The resulting collection bridges the gap between research evidence and practice and gives readers necessary information from a range of critical perspectives Among the featured topics Understanding motivation to return to work economy of gains and losses Overcoming barriers to return to work behavioral and cultural change Program evaluation in return to work an integrative framework Working with stakeholders in return to work processes Return to work after major limb loss Improving work outcomes among cancer survivors Return to work among women with fibromyalgia and chronic fatigue syndrome The Handbook of Return to Work is an invaluable unique and comprehensive resource for health rehabilitation clinical counselling and industrial psychologists rehabilitation specialists occupational and physical therapists family and primary care physicians psychiatrists and physical medicine and rehabilitation as well as occupational medicine specialists case and disability managers and human resource professionals Academics and researchers across these fields will also find expert guidance and direction in these pages It is an essential reading for all return to work and stay at work stakeholders

The Path of Return Trilogy: Jamayah: Adventures on the Path of Return, Collateral Karma, Letters from the Afterworld T. L. Orcutt, 2011-11 The Path of Return Trilogy is a remarkable literary contribution outside the commercial romance and detective formulas a raw tale painted with heartfelt humor which captures the innocence of imagination and the mystical forces that navigate life In the first novel Jamayah Adventures on the Path of Return baby boomer Bob Kramer arrives in mid life crisis with a job loss and recent divorce Jamayah an unlikely cosmopolitan guru mysteriously recruits Bob as an initiate on the Path of Return a fusion of wisdom traditions tempered toward paranormal mastery and cosmic awareness The progressively intense challenge is how Bob will reconcile his scientific skepticism in a mystical adventure that embraces a strip bar and the horrors of war In the end Bob returns to ordinary life but feels detached alone and indifferent a malaise Jamayah reframes as having passed a sacred rite of passage The sequel Collateral Karma opens after Rickshaw Lubowski formerly Bob Kramer has ditched the Path of Return in search of more tangible things like sex occultism and sorcery As a result he becomes the target of a curse cast by the evil leader of a ceremonial cult who practices ritual sex and black magick Rickshaw s descent into the world of sensation and desire incurs mysterious nightmares all too real starting with the obsessively expected death of his fianc

Desperate he meets a blind fortuneteller who knows more about his destiny than anyone should and with whom he falls in love Only when he loses touch with reality does his mentor Jamayah appear Together they join forces with shamanic sorcerers to reverse the deadly curse The last novel in the series Letters from the Afterworld begins with Rickshaw reminiscing about his marriage to Crystal a year before Rickshaw attends a seance in Los Angeles conducted by a medium with a gift for automatic writing and receives a channeled letter for his friend Murdock Evidently Murdock is on a soul recall list for people whose souls prematurely inhabited their selected bodies Other friends of Rickshaw have dreams of the same recall letters and incur near fatal illnesses and accidents Jamayah distrusts the source of the afterworld letters and believes hybrid souls who formerly incarnated on an alien planet are exploiting humans for metabolic enzymes through enzymatic blood transfusions Stakes are raised when Rattlesnake Dan and Murdock are kidnapped and a ten year old boy is murdered Finally Rickshaw Jamayah SBL Weird Willie Raoul Juan Apollo and Billy the Kid mobilize the Cosmic Rangers with the pledge of liberty and justice for all

Journal of the United Service Institution of India ,1920 **Staff Manual** Bodleian Library,1929 **Return ... Feb. 22, 1849** Canada. Police Office,1849 **Japan Times. Weekly Edition** ,1913 *If We Return* G. B. Manwaring,1918 Training College Returns ,1888 *Parliamentary Papers* Great Britain. Parliament. House of Commons,1839 *Strong As a Mother* Kate Rope,2018-05-01 Expert practical advice for complete mental and physical maternal health Kate Rope s *Strong as a Mother* is a practical and compassionate guide to preparing for a smooth start to motherhood Everyone knows the secret to having the Happiest Baby on the Block This is your guide to being the Sanest Mommy on the Block It will prepare you with humor and grace for what lies ahead give you the tools you need to take care of yourself permission to struggle at times and professional advice on how to move through it when you do This book will become a dog eared resource on your nightstand offering you the same care and support that you are working so hard to provide to your child It will help you prioritize your emotional health set boundaries and ask for help make choices about feeding and childcare that feel good to you get good sleep create a strong relationship with your partner make self care an everyday priority trust your instincts and actually enjoy the hardest job you will ever love This book is here to take care of you

Gastroenterology Satish Keshav,Emma Culver,2011-11-28 Gastroenterology is a critically important specialty in medicine encompassing the GI tract and two vital organs the pancreas and the liver *Gastroenterology Clinical Cases Uncovered* includes reference to the new JCHMT curriculum for acute and internal medicine concerning gastroenterology and hepatology and presents real life patient cases and outcomes as seen on the wards and in exams leading students through a practical approach to recognize understand investigate and manage gastroenterological and hepatological disorders and conditions Following a question answer approach with self assessment MCQs EMQs and SAQs and a refresher section on basic science *Gastroenterology Clinical Cases Uncovered* features investigations and the treatment options available for patients with upper and lower GI disorders liver disease biliary and pancreatic disease and problems of nutrition

Gastroenterology Clinical Cases Uncovered is ideal for medical students junior doctors on the Foundation Programme GP trainees specialist nurses and nurse practitioners and gastroenterology trainees on the specialty training programme

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