

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.

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

Camilla Rothe



Mental Health Tips Ideas:

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

In a digitally-driven earth wherever monitors reign supreme and immediate transmission drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually move unheard. Yet, situated within the pages of **Mental Health Tips Ideas** a fascinating literary treasure sporting with fresh thoughts, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this enchanting opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the material of each word. Within the mental depths of the emotional evaluation, we shall embark upon a honest exploration of the book is core styles, dissect its captivating publishing design, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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