

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

Clare Erasmus



Mental Health Tips Ideas:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Mental Health Tips Ideas**

In a global inundated with monitors and the cacophony of fast interaction, the profound power and mental resonance of verbal art frequently disappear in to obscurity, eclipsed by the continuous barrage of sound and distractions. However, situated within the musical pages of **Mental Health Tips Ideas**, a captivating work of literary beauty that impulses with organic emotions, lies an remarkable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this interesting opus books readers on an emotional odyssey, gently exposing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is main styles, dissect its fascinating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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