

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 day. 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



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



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 Store Hours

**Rhonda Rasmussen, Aliisa
Mylonas, Hilary Beck**

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