

# 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

**David Kirk**



**Mental Health Tips Ideas:**

## Reviewing **Mental Health Tips Ideas**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Mental Health Tips Ideas**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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## Mental Health Tips Ideas Introduction

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