



FRESH START MORNING ROUTINE

An effective morning routine should set the tone for the day and have you mentally prepared for new daily endeavors. How your morning starts typically feeds into the rest of your day, so start it with healthy habits!



Setting an alarm

Ensure you have plenty of time for your morning routine by setting an alarm early enough before it's time to head out for the day. This may include going to bed earlier to make sure you get an adequate amount of sleep.



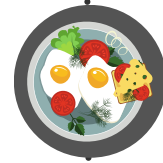
Drink water

Rehydrate your body with a glass of water before consuming coffee or breakfast. You may wake up feeling hungry; this can easily get confused with feelings of thirst.



Get moving

Whether it's stretching, yoga, or a workout, start your day off with movement. Exercising helps regulate cortisol, the stress hormone, which may help improve mood throughout the day. Avoid those excuses for later in the day by getting it done first thing in the morning. Morning exercise is a great way to boost energy!



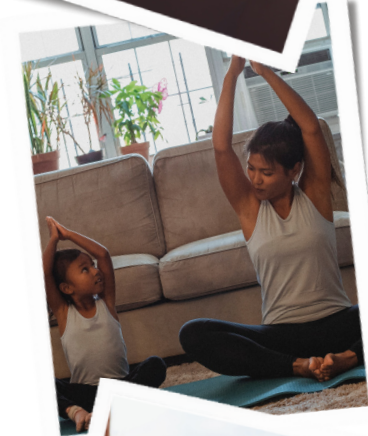
Eat a well-balanced breakfast

Eating a well-balanced breakfast will fuel you to take on the day. Those who eat breakfast may consume more fiber, vitamin C, iron, and zinc in their daily diets compared to those who skip breakfast.



Incorporate self-reflection

Spending only 10 minutes to reflect via journal, writing down what you're grateful for, or listening to an inspirational podcast is a great way to start the day. It can decrease feelings of anxiety/depression, increase positive emotions, and improve overall health.



Create your morning routine today! If you already have one, evaluate and see if it's truly working for you or if it needs to be modified. Starting your day with these wellness practices can set you up for success.