

The Importance of Starting Your Morning Out the Right Way



There's no denying that we all deal with stress throughout our day. [Managing employees](#), [meeting deadlines](#), getting the kids to school on time - our minds are constantly jumping from one worry to another in a constant juggling act that takes its toll on your health, emotional well-being and relationships with others. While daily stresses and concerns aren't going to disappear anytime soon, the good news is that if you start your day out in a healthy way, you can increase your productivity, have a clearer mind, better health and more meaningful relationships with everyone both inside and outside of the office.

Practice Gratitude

What do you do when you first wake up in the morning? Do you reach for the night stand and immediately check emails for the latest fires? Or do you have conscious thoughts about being thankful for the roof over your head, your family and how lucky you are compared to those less fortunate?

Science has proven time and again that if you start your day by practicing gratitude in some way, you realize the day in front of you is a gift to do with as you please. One of the most effective ways to practice gratitude is to journal. By taking even just a few minutes to make a list of the things you're thankful for you gain clear perspective and put your mind at ease.

Meditating

There are more types of meditation than you can count. Whether you take just a

few minutes or set aside some significant time, practicing meditation every morning goes a long way in helping you feel content. If practiced on a regular basis, meditation's benefits also include increased confidence, self-esteem and presence.

While meditation can be done any time of day, practicing it in the morning is highly effective. If meditation is new to you, start out by finding a quiet space where you can sit just for a couple minutes and close your eyes. From here your options are limitless. You can choose to focus on your breath, do a scan of your entire body to see how you're feeling or repeat a simple mantra. Whatever method you choose, remember this is your time to acknowledge your thoughts and practice self-love.

Affirmations

While it's easy to let the troubles of yesterday linger into the day ahead, happy and productive people see each new day as a fresh start. Affirmations are a great way to put yourself in a positive mindset. Examples of simple affirmations include:

- I am capable of making smart decisions for myself.
- I let go of negative thoughts and am grateful for everything that is good.
- I'm a loving, caring, kind, compassionate, grateful, happy, healthy human being.

These are just a few of an infinite number of positive affirmations that you can say out loud to yourself and even write on post-its and tape to your bathroom mirror so you'll have no choice but to read them every morning.

Make Your Bed

Even though making your bed seems like a menial task that should have little to no affect on your day science says it's quite the opposite.

Taking a couple of minutes to straighten the sheets and comforter each morning gives you an immediate sense of accomplishment that puts you in a positive frame of mind. In this mindset, you're more apt to have the motivation to get the most out of your day and accomplish the things you need to in a timely manner.

Exercise

Physical activity is a great way to begin your day. Whether it's a trip to your personal trainer, a yoga session at home or a leisurely walk around the block, exercise gives your body and mind a chance to wake up and get ready for what lies ahead. By getting your blood flowing and allowing your body to release feel-good chemicals to your brain like serotonin and dopamine, you put yourself in a positive frame of mind that will carry over to the workplace and stay with you throughout the day.

Not everyone is a morning person. Maybe you're a fan of hitting the snooze button a couple of times before you get out of bed. Even if that's the case, when you finally decide to begin your day, incorporating some simple healthy routines can make a world of difference in how the rest of your day goes. If you take a little time to care for yourself in the morning before you jump on a conference call or start replying to emails, you'll quickly find yourself much happier, healthier and experience more fruitful relationships with everyone around you.

Contact Jeff King, [Regulatory and Quality Recruiter](#) in the [Bay Area](#), for more information.