

DAILY 'THINGS' TO HELP YOU START YOUR DAY

Life may not be feeling 'right' for you in this moment but please be assured. Help is available, and we are here to listen. It is all about empowering you with tools and techniques starting with this daily list of things to help you start your day.

- Routine Plan a Morning Routine and stick to it** - Starting your day with a few routine things will help habits form and stick. Start with something that is easily achievable, acknowledge to yourself what you have achieved and revel in that feeling as often as you can.
 - Set the alarm and get up early every day. Starting your day with a couple of things planned and completed will set you up for a more productive and happier day.
 - Your Body & Mind will appreciate it
- Exercise** - Find some physical activity that you enjoy doing. Yoga, Tai Chi and walking are some great ways to get moving.
- Diet / Eat Healthy** - It is important to nourish your body with the right foods and to boost your immunity. Try new healthy dishes and plan your meals in advance, make it a fun experience
- Sleep well** - Aim for 8 hours sleep a day if possible. Important to have a night-time routine just as it is a day routine. Try not to take technology into the bedroom, perhaps read instead.
- Daily chores / To-Do Lists** - It is important to have a purpose for the day. Try to focus on what needs to be done each day by making a daily to-do list and sticking to it which will give you a sense of accomplishment.
- Goals** - short term long term
- Read or listen to something uplifting** - Instead of reaching for the phone and scrolling or listening to the news as soon as you wake up, put on something that feels good.
- Step outside / Spend time in nature** - Get out in the garden, go for a walk in a park or be by the ocean. Being out in nature can be a great mood lifter.
- Meditation / Relaxation techniques** - Find ways to wind down and relax. Morning or night is a great time for this daily practice

WE ARE HERE TO HELP, FEEL FREE TO REACH OUT!