

# MORNING WELLNESS TIPS

6 healthy habits to begin your day

## Restful sleep

Plan for restful sleep the night before. Sleep is essential for optimal daily performance

## Set a wake-up time

Determine a time to consistently wake up every day. Rise up & remember your reason to rise & shine. 😊 Open the curtains to let natural light in.

## Make the bed

This sets the tone for the day. Once you have accomplished this first task it makes it easier to complete the next, and so on

## Get dressed

Complete basic self-care tasks & get yourself ready for the day, even if you have no where to go

## Enjoy quiet moments

In the morning, stress hormones are low. Take this time to engage in a quiet time, such as reading, journaling, movement, or meditation

## Eat breakfast and hydrate

Boost your energy, productivity, & cognitive performance with nutrition

"Do things that are good for your health within the 1st hour of your day."

- Hal Elrod