



JUMP START YOUR DAY!

5 TIPS FOR A BRIGHT MORNING

1. Be prepared. It may feel a little 6th grade-ish, but having tomorrow's outfit laid out, your lunch packed in the fridge or your bag by the door can help eliminate hectic mornings spent rushing around.
2. Get up early. Sometimes you've got to go against your instincts. Waking up 20 or 30 minutes early will be difficult to start, but that extra time will give you some wiggle room. Maybe you'll get a quick workout in, have time to read the paper or you won't be so stressed to find the freeway's backed up.
3. Remind yourself to be positive. Write an uplifting note or choose a favorite photo and stick it to the bathroom mirror, kitchen cabinet or anyplace you see right away. Change it periodically and start your day smiling.
4. Eat, drink and be merry. Breakfast is simply "breaking the fast" from the night before. Very few people are cheerful when they're hungry. Also, drink a big glass of water to help get your digestion going and cells looking fresh and healthy.
5. Make a ritual. Mornings are a nice time to 'go through the motions' a bit more than usual or have a standing ritual. Pick a morning song you listen to while you brush your teeth or an order once you're out of bed. For example, first you hit the shower, then you make the bed and then you get the coffee brewing. Fewer curveballs equals lower stress for most people.