

## Morning routine

Things have been difficult during the pandemic. So, we've put together this advice to help you take steps to look after your wellbeing whether you're working at home, in the office, or transitioning back to the workplace.

**Having an uplifting morning routine sets the stage for your entire day.**

Here are some tips for creating a morning routine to optimise wellbeing and performance:

- Avoid checking your phone right after waking. Checking your phone first thing can create a sense of reactivity. Wait to check your phone until after you have taken time for self-care
- Wake up early enough in the morning to take time for yourself
- Making your bed helps create a sense of accomplishment first thing
- Meditation is a wonderful way to support a healthy mind and body. Start with just 5 minutes focusing on your breathing and work up to 15-20 minutes. This is a great way to start the day
- Move your body. This could be through aerobic exercise, yoga, or stretching
- Set intentions for yourself and how you want to show up in the world. Write them down
- Make a nutritious breakfast and eat it mindfully

