

Creating a Mindful Morning Routine



Mindfulness is a moment by moment awareness of what we are feeling, thinking and experiencing, without judgement. We cannot influence what we are not aware of.

While we may not be able to completely control our external environment, we *can* learn mindfulness techniques to choose our reaction to the world around us.

This takes consistency to become habitual. Habits are formed from daily practice.

Starting your day on a positive note with a morning practice that makes you feel good, sets the tone for your day.

Start Screen Free

Too much screen time is linked to impaired emotional processing, focus, decision making and cognition.

The stimulus we experience first thing in the morning has a lasting impression on us throughout the day. When we turn to emails, texts, TV, etc. first thing in the morning, we trigger an impulse to react to external stimuli. When we instead take some time to connect to ourselves first, without the influence of external messaging, we give ourselves the space to become centered before facing the day and all it presents.

Our waking minds are fertile ground. What seeds do you want to plant?

Affirmations

Affirmations are a powerful tool for increasing feelings of well-being, reducing stress and promoting positive changes in thought patterns. Affirmations are very personal to the individual. They can be written, but are most impactful when spoken and repeated. The idea is to get into the feeling of your statement already being true for you, so you shape your belief.

Some examples may include:

- My life unfolds effortlessly with ease
- I am confident in public speaking
- My relationships are nurturing

Gratitude

“When you change the way the look at things, the things you look at change”

-Wayne Dyer

One of the fastest ways to feel more positive is through practicing gratitude. This involves counting our blessings every day and choosing to focus on what we have to be grateful for. We tend to experience more of what we focus on, whether positive or negative.

Suggestions to incorporate the habit of gratitude:

- Look for one positive aspect of a challenging experience
- Take 30 seconds each morning/night to write a list or contemplate what you are grateful for
- As you go about your day, say thank you and acknowledge all the simple things we so often take for granted, like having a meaningful relationship, being in physical health, and having food to eat.

Meditation

There are many science based benefits of meditation, including but not limited to: improved mental and emotional health, reduced stress, improved attention span, improved memory, cognition, decision making and improved productivity.

There are many styles of meditation to explore. It is important to find one that resonates with you.

Here are just a few examples of meditation styles to research and try:

- Body scan or progressive relaxation
- Mindfulness meditation
- Guided Visualization
- Breath awareness meditation
- Mantra Meditation