

## Morning Routines to Boost Energy

Setting yourself up for the day when working from home is essential to having a productive day. Getting into healthy habits in the morning is a great way to keep your energy high. Try adding these 3 things to your morning routine:



### Workout

Start your day by setting your alarm the same time as you usually would for work. The time you save when you would usually do your morning commute could be substituted for an at home workout or daily yoga practise. Working out in the morning is a great way to establish a routine. This will give you more energy and prepare you for the day ahead. Working out in the morning can also lower stress

levels, improve sleep and give you a sense of accomplishment before you have even started your workday.

### Cold Shower

Cold showers wake up your body and create a higher state of alertness. Regularly taking cold showers imposes a small amount of stress on your body which leads to a process called hardening. This means your nervous system gradually gets used to handling moderate levels of stress. It takes a strong mind to endure the cold for extended periods of time. By incorporating cold showers into your daily routine, you are strengthening your willpower which may benefit many aspects of your daily life.

### Breakfast

Working from home also eliminates the excuse of skipping breakfast. Now you have time to you're your food and sit down and eat it. Breakfast will give you a boost of energy that your body needs after a long night's sleep. Eating a nutrient dense breakfast has numerous health benefits including balancing blood sugar levels which can help you to concentrate. Try to limit caffeine and have a nice glass of water by your workstation to stay hydrated throughout the day.

