

# Boosting Energy and Vitality in the Morning



WASHINGTON STATE

## Strategies to Start Your Day Right

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# The Importance of a Morning Routine

- Establishing a consistent routine
- Benefits for mental and physical health



# Quality Sleep

- Tips for improving sleep quality:
  - Consistent sleep schedule
  - Create a relaxing bedtime routine
  - Limit screen time before bed
  - Aim for 7 – 9 hours per night

# Morning Hydration

- Benefits of drinking water first thing in the morning:
  - Rehydrates the body
  - Kickstarts metabolism
  - Aids in detoxification
- How to make it a habit:
  - Keep a glass of water by your bedside
  - Drink a full glass before your morning coffee or tea

# Nutritious Breakfast

Balanced  
breakfast  
options:

- Protein
- Healthy fats
- Complex carbs

Avoiding  
high-sugar  
foods:

- Prevents energy crashes
- Reduces cravings

# Morning Exercise

- Benefits of physical activity:
  - Boosts endorphins
  - Increases alertness
  - Improves mood
- Simple exercises to do at home:
  - Stretching
  - Yoga
  - Quick cardio workout

# Mental Preparation

## Setting intentions for the day:

- Prioritize tasks
- Visualize success

## Mindfulness and meditation practices:

- Deep breathing exercises
- Short meditation sessions

# Setting Daily Intentions

- Introduction to Daily Intentions
  - Purpose and benefits of setting intentions
  - Difference between goals and intentions
- Steps for Setting Daily Intentions
  - Find a quiet moment
  - Reflect on your priorities for the day
- Write down 1-3 intentions
  - Visualize accomplishing these intentions
  - Revisit your intentions throughout the day
- Benefits of Setting Daily Intentions
  - Provides focus and direction
  - Enhances motivation and productivity
  - Encourages mindfulness and presence



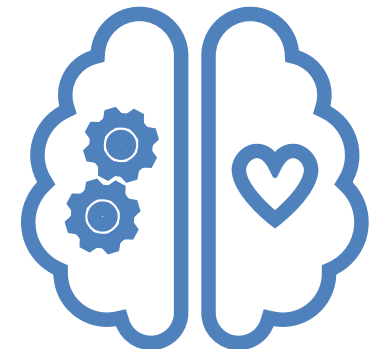
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# Morning Mindfulness Meditation

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- Introduction to Mindfulness Meditation
  - Brief overview of mindfulness and its benefits
  - Importance of starting the day with a clear and focused mind
- Steps for Morning Mindfulness Meditation
  - Find a quiet, comfortable space
  - Sit in a relaxed position with a straight spine
  - Close your eyes and take a few deep breaths
  - Focus on your breath, noticing the inhale and exhale
  - When your mind wanders, gently bring your focus back to your breath
  - Continue for 5-10 minutes
- Benefits of Morning Mindfulness Meditation
  - Reduces stress and anxiety
  - Improves concentration and focus
  - Enhances emotional regulation and resilience



# Avoiding Morning Stressors

- Understanding Stressors:
  - Factors or events that cause stress, anxiety, or tension
  - Can include rushing, decision fatigue, and delays
- Importance of Avoiding Morning Stressors
  - Reduces anxiety and promotes morning calm
  - Enhances mood, focus, productivity, and overall well-being

# Views Expressed Disclaimer

The media (videos, music, articles, etc.) used in this series may contain views and opinions which are those of the author(s) and do not necessarily reflect the official policy or position of any other author, agency, organization, employer or company, including the Washington State EAP.

# Case Study





# Closing Question

- Who can relate to the struggle of waking up and feeling like a zombie? Let's shake off the sleepy haze (known as [sleep inertia](#)) and kickstart the day with energizing habits.
- Share your go-to morning rituals that put a pep in your step and help you seize the day!

# Additional Resources



## Books:

[The Miracle Morning by Hal Elrod](#)

[Atomic Habits by James Clear](#)



## Articles:

[The Best Morning Routines According to Science \(HuffPost\)](#)

[10 Morning Habits Geniuses Use to Jump Start Their Brain \(Fast Company\)](#)



## Videos:

[TED Talk: How to Gain Control of Your Free Time by Laura Vanderkam](#)



## Websites:

[Mayo Clinic: Healthy Lifestyle](#)

[WebMD: Sleep and Wellness Tips](#)

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# Thank you!

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