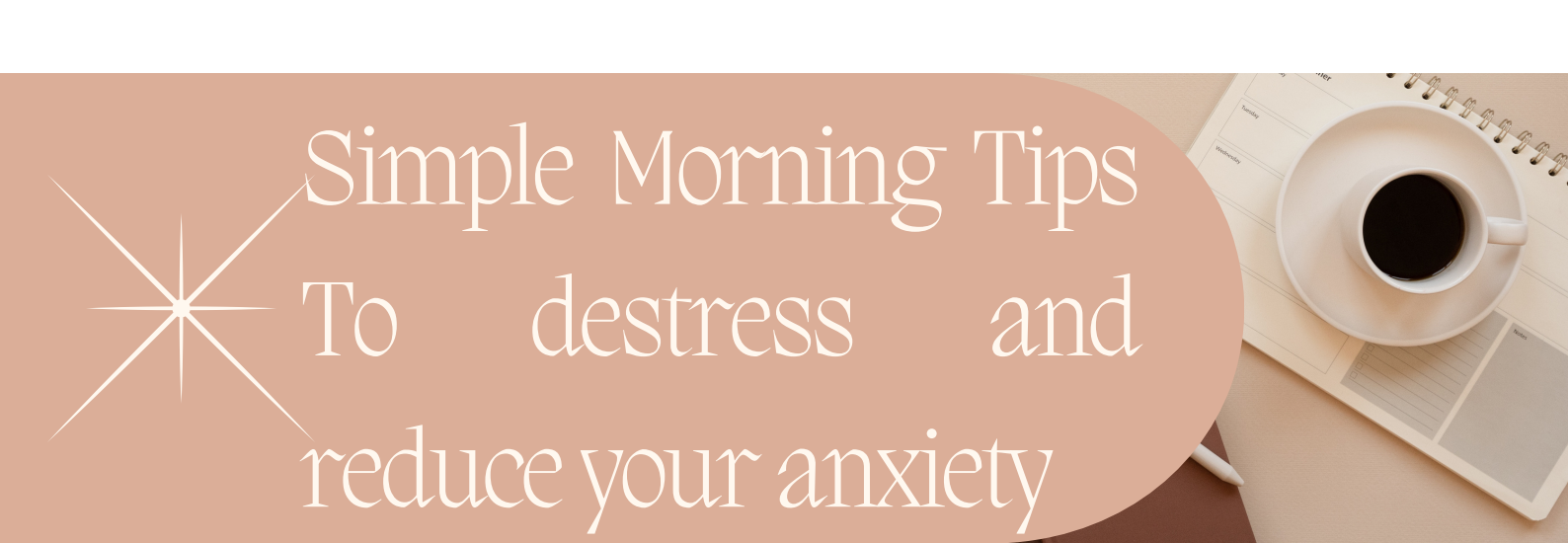




Simple Morning Tips To destress and reduce your anxiety

Take in nature.

Take just 1 to 3 minutes each day to step outside and gaze at the sky or nature. You'll be surprised by how quickly this simple act can lift your spirits.

Purchase your own gratitude journal.

Spending just five minutes journaling can significantly boost your positivity, foster self-awareness, and provide an outlet for your emotions. I highly recommend [The Honest Mom's Journal](#). What sets this journal apart from a typical one is its focus on simplifying life by encouraging just a few minutes each day to:

- Express your feelings
- Unwind after the kids are in bed
- Document the daily challenges of motherhood without fear of judgment

This straightforward and user-friendly eight-week journal includes morning and evening affirmations, along with guidelines and prompts to inspire self-reflection.

3-2-1.

The 3-2-1 strategy is a simple exercise. This is something you can do as soon as you wake up to help kickstart your day.

- List 3 things that you are excited or grateful for.
- Pick 2 things that you want to do today that move you forward in life.
- Choose 1 affirmation that you will say throughout the day.

STRETCH

Every morning, after dropping my daughter off at school, I return home to stretch for a few minutes. Stretching offers several fantastic benefits, including a quick energy boost by relieving muscle tension, and it has been shown to elevate serotonin levels, helping to stabilize mood. You can incorporate these stretches first thing in the morning or whenever it fits your schedule. Some of my favorite and least time-consuming stretches include cat-cow stretches, butterfly stretches, and toe touches. Hold each stretch for 15 seconds, and feel free to extend the duration if you're comfortable.





Most importantly, discover what suits YOU best! These are straightforward tips that have brought me great success. If any of them seem overwhelming, begin with just one, whether it's once a day or a few times a week, and gradually increase as you identify the schedule that works for you. Always feel free to reach out through my contact page if you need further information on these strategies or additional resources!



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