



Simple Morning Tips To Destress



Take in nature.

Take 1-3 minutes a day to step outside and look at the sky/nature. You'll be amazed at how little time it takes to boost your mood.

Purchase your own gratitude journal.

Journaling for 5 minutes can make you feel more positive, encourages self-awareness, and helps you express your emotions. I highly recommend [The Honest Mom's Journal](#). What makes this one more special than your basic everyday journal, is that it's geared towards keeping life simple by dedicating just a couple of minutes a day to express your emotions, relax when the kids are in bed, and write down the everyday stressors of motherhood without any judgement. It's a straightforward and simple, 8-week journal that includes morning and evening affirmations with guidelines and prompts that will help encourage self-reflection.

3-2-1.

The 3-2-1 strategy is a simple exercise that was recommended to me by a professional. This is something you can do as soon as you wake up to help start 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 come right home and stretch for just a few minutes. Stretching has some wonderful key benefits, such as giving you a quick energy boost by releasing muscle tension and has been shown to increase serotonin levels by leveling out mood. These stretches can be done right upon waking as well or whatever works for your schedule. Some of my favorite ones (and least time consuming) are cat cow stretches, butterflies, and toe touches. Hold each stretch for 15 seconds and increase by a few minutes if comfortable.





Most importantly, find out what works best for YOU! These are simple tips that I have had so much success with. If any of these feels too overwhelming, start with one, once a day or a few times a week, and increase as you figure out the schedule that works best for you. And always reach out on my contact page if you need more information on these strategies or additional resources!



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