

# I AM WELL

## morning ritual checklist

### IDEAS TO PRACTICE SELF-CARE:

*Mornings are a great time to practice self-care and mindfulness before the busyness of day to day life kicks in. Try a couple ideas at a time and see which ones bring you the most joy and calmness. When you find a couple that work, try practicing them consistently to create a morning ritual, even if it's just 10 minutes of your morning.*

- ☐ **Breathe Deeply.** Observe your breath, placing one hand on the stomach and one hand on your chest. Count up to 4 as you inhale, and 4 as you exhale. Simply taking a moment to observe your breath and consciously take in a deep inhale + deep exhale tells your body it's safe to relax.
- ☐ **Write out an affirmation.** You may not have time to journal for an hour and write out all your thoughts and ideas, but taking a couple minutes in the morning to write a couple affirmations on post-its that you can hang on a mirror is a good way to remind yourself throughout the day to speak to yourself with compassion. "You're doing great" is a favorite affirmation of mine!
- ☐ **Stretch your body.** You don't need a full 60 hour yoga class to stretch and wake up your body, a couple simple stretches are a great way to awaken the muscles in your body and get the blood flowing which helps with energy levels. Simply lay on the ground with your hips against a wall and legs up, and as you exhale imagine any stress melting off your body (check with your doctor if you experience back pain).
- ☐ **Ground down and refresh.** Open a window, take a walk down the block, or simply sit outside your home for a minute to take in a few breaths of fresh air. If you're able to put your feet in grass, dirt, or sand, grounding down allows your nervous system to relax.
- ☐ **Breath Focused Meditation.** This type of meditation uses your breath as a focal point while sitting in stillness. Elongate and start counting the breath to tune in, and use the breath to refocus when the mind wanders. Listen to the I Am Well Mindfulness Guided Meditation for some support in getting started.
- ☐ **Practice gratitude.** take a minute to jot down in a journal or on a sheet of paper 5 things you're grateful for in the morning, and at the end of the day add your 5 favorite things that happened that day. You can also share your gratitude list verbally with a partner or friend instead of writing it out, and ask them what their top 5 are too.