How to Develop Healthy Morning Habits

One of the best ways to lead a healthy, balanced lifestyle is to start the day off right by developing healthy morning habits. Many people struggle to have an organized life and structured lifestyle. In our hectic world, it can be difficult to create routines that we can stick to. Waking up in the morning doesn’t have to be stressful! There are many ways to prepare for a smooth morning by organizing things beforehand. For example, pick out clothes you want to wear at night right before going to bed. Check the weather forecast the night before to make sure you know what awaits. Don’t make packing lunches complicated – have simple meals you can put in the fridge the night before (consider meal planning) and just grab in the morning. If you avoid wasting time with these banal chores, you can have extra time to practice some healthy morning habits. Here are the top 6 tips for a structured, healthy morning routine:

1. Wake up at around the same time each morning. Having a routine will help your body get used to waking up early naturally, without making you feel tired and exhausted. Once your body has a sleep pattern it likes, you won’t have to keep pressing the snooze button on your alarm.
2. Start the morning off right by meditating, walking, exercising or doing yoga. It doesn’t have to be an intense workout. Simple stretching exercises, short runs, walk or a few minutes of yoga can really make a difference and boost your mood.
3. Hydrate your body: drink one cup of lemon water - it will flush out many of the toxins that accumulate in your body overnight. It also helps maintain a healthy weight, it helps you lose weight and provides hydration while boosting your metabolism first thing in the morning.
4. Have a healthy breakfast. Breakfast is one of the most important meals of the day, and the reason is that your body needs fuel in the morning. If you give it the fuel it needs, it will give you the energy to charge through a long, busy day. Skip processed foods and cereals high in sugar. Include fruits and veggies. If you really don’t like eating in the morning, make a healthy smoothie or smoothie bowl.
5. Have a quick shower to make you feel cool and fresh before you start your day. A shower gets the circulatory system to function well. It also helps soothe muscles and aches and relieve any tension in the body caused by exercise.
6. Practice mindfulness, gratitude, and journaling.  Being thankful for each new day and thinking about the positive aspects of life can boost your mood. Start each day by writing down a few things you are grateful for. Then, create a plan for the day - write down a to-do list and some goals for the day. Planning gives you a sense of purpose and helps keep you productive.

Remember that motivation is important. If you are motivated and really want to change your lifestyle, you can. There is nothing holding you back but yourself. Take more time for personal development and self-care each morning.