My 5 Most Important Morning Stress Reliefs

Mornings are stressful. Many of us have a long day ahead of us, and most of us are always rushing. After years of taking advice and reading articles about stress relief, here's what I've found to be the 5 most important morning stress reliefs.



- [ ] Remind yourself why you're happy. Make a list of 3-5 things you're most happy for, and repeat them to yourself each morning.
- [ ] Exercise to prepare your body for the stresses of the day. I read this tip from a Navy Seal. The longer you wait to exercise, the less likely you will do it.
- [ ] Eat pre-made healthy breakfast. Prepare breakfast the night before or the Sunday before your week starts. Don't spend time cooking and cleaning, and never miss a healthy breakfast each morning.
- [ ] Smile and say hello. A smile release dopamine in your brain. Dopamine reduces stress, and is your brain's source of pleasure and reward. Plus, a smile and hello is very contagious.
- [ ] Make your bed. This is an old military secret. Accomplishing a small task, like making your bed, prepares your mind for a productive day.

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