



Healthy is a morning routine.

The first 30 minutes after waking up paves the way for the rest of your day. Keeping this time stress free has major impacts on your mental and physical health, even helping combat cancer.

WHY IT MATTERS

When you first wake up, cortisol, also known as the “stress hormone”, is at a high point in your daily hormonal rhythm. This is your body’s completely natural way of preparing to use energy and get ready for the day ahead. Adding stress during this time spikes your cortisol more than the natural cycle causing your blood-sugar to rise. It is this increase in blood sugar that:

- Damages your blood vessels and nerves that control your heart.
- Contributes to an increased risk of diabetes.
- Decreases your energy, causes fatigue and headaches.
- Lowers your immune system and increases inflammation across the body.

Practicing even simple routines releases positive hormones that balance out your morning cortisol spike and keep stress levels low.





How to start your day off the right way.

- + Make your bed
- + Step outside and get a breath of fresh air
(no matter what the weather is)
- + Write down three things you're thankful for today
- + Write one thing that you are looking forward to today
- + Meditate *(5 minutes a day is all you need to see benefits)*
- + Read something that makes you laugh or smile
- + Pet your animal if you have one
- + Get a few minutes of movement / stretching in

DON'T STRESS

Your goal is to create an easy entry into the day with as little stress, and as much joy, as possible. Avoid checking email, social media, or jumping right into difficult task – you have the rest of the day for those. For this month, begin to implement some of these into your morning routine to boost your mood and reduce harmful blood sugar spikes.