



My Morning Checklist



Building a morning routine that supports good mental health! These can be done in any order that is comfortable for you.

- First thing in the morning- think of 3 things to be grateful for before doing anything.
- Sun exposure first thing, if possible. Open the curtains even if it's cloudy, get light in and on you. 3 deep breaths.
- Set an intention for the day - can be an affirmation or 'I am' statement. Ex: "I am going to have a good day'.
- Hydrate. Drink a glass or two of water. If you struggle with anxiety I would suggest tea and not coffee!
- Stretch and move your body as much as you can, even if it's just one minute.
- Brush teeth and brush hair.
- Cold Shower- there is a lot of research supporting the benefits of cold exposure! This is optional, of course, but worth looking in to! Can finish off with warm shower.
- Nourish your body with food that makes you feel good.
- Moisturize your body and wash your face/skincare routine.
- Get dressed in something that makes you feel good. Makeup and hair optional!



Mood Disorders
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*Helping people
help themselves*

*Let's go have
an amazing day!*