

5 Minute Morning Priming

We recommend you save this, print it out and put it by your bedside, so you remember to follow the steps each morning as soon as you wake up.

1 minute ATTITUDE OF GRATITUDE

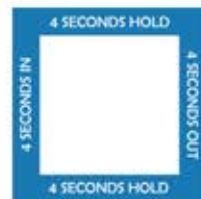
As soon as you wake up, before you even get out of bed, take 1 minute to list at least 3 things you are grateful for.



1 minute BREATHWORK

There's 2 breathing exercises you get to do each morning.

The first is called square breathing. This is where you breathe in for say 4 seconds, hold for 4 seconds, breathe out for 4 seconds and then hold for another 4 seconds.



So you would do this twice through and you can increase the number of seconds over time, or the number of times you do it - if you have the time in the morning.

The second breathing exercise is all about building energy and increasing your oxygen intake. In this exercise you take 20 quick, deep, intense breaths in through your nose and out through your mouth, and then on the last breath hold it for 10-20 seconds.

You don't need to force the air out of your mouth, just let it exhale comfortably and it's best to be sitting down for this one.



2 minutes MOVEMENT & STRETCHING

Start with a stretch, then do any movement you like.

This can be jogging on the spot, star jumps, burpees, bodyweight squats, yoga or anything that will get your heart rate up & energise you.



1 minute of MINDFULNESS



While you drink a glass of water or herbal tea, be in the moment. Now. In the present. Don't worry about the day ahead or think of the future.

Be aware of what is happening right now. Smile; it releases happy feel-good chemicals.

Use your senses. Think about what you can smell, hear, see and feel around you as you drink your water or tea. What does it smell like, feel like to drink, look like, how does it feel in your hands, what can you hear?



NOW YOU'RE READY TO START YOUR DAY!