Changing Your Morning Habits

While you might like to stay in bed under the covers in the winter, the morning is actually an important time of the day. During these hours, you set the precedent for the upcoming hours. This time is also one in which you can integrate healthier habits to have a healthier existence.

**Time It Right**

Waking up at the same time each day can seem difficult when you have differing weekend and weekdays schedules. However, setting the alarm consistently can help you to get a better night's sleep. Instead of constantly going back and forth between a weekend and weekdays schedule, your body can start to better know when it's time for bed and when it's time to arise. You may one day find that the alarm clock is no longer needed.

**Arise Earlier**

You may feel immediately opposed to the idea of starting your day even earlier than you already do, yet consider the constant morning rush. Whether you're often running out of the house with wet hair or the kids are racing to their bus stop, adding some more time to the morning routines can help you to feel less stressed. High levels of stress can negatively affect your daily routine and even your health. Try waking up five minutes earlier every day until you reach your ideal time.

**Exercise**

After a long day at work, you probably don't feel terribly inclined to go to the gym or to take a run around the block. Instead of completely giving up exercise, move your routine to the mornings instead. If you're worried about having to come home between exercising and work to shower, look for a gym that provides these facilities so that you can minimize the time this new routine takes.

**Eat Breakfast**

Having enough energy to get through the day is often connected to whether or not you eat breakfast. You also want to make sure you have healthy meals. Instead of grabbing fast food on your way to work, prepare some meals on weekends when you have the time to do so. For example, you could make a casserole of eggs and vegetables and cut the casserole into portions. Just keep your portions under control.

**Have Time to Yourself**

With all of the tasks that you have to complete in the morning, you might think this suggestion is a joke. Consider how even five minutes to yourself could provide you with a fresh perspective on the day. Even sitting down to meditate or to read a few pages of the paper can give you some space from the chaos of the day.

You might not currently think too much about your morning routine. Changing some of your habits can help you to feel better overall.