

• TWEAK 5 •

MINDFUL MORNINGS

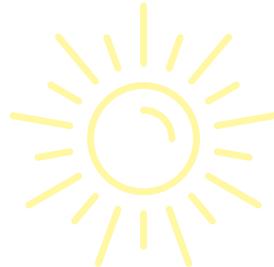
You know what they say... When you win the morning, you win the day!

This month, you will get:

- Information on creating or altering your morning routine
- A small tweak you can add into your morning routine each week

Keep in mind that you may have to adjust your wake up time as the month continues in order to add in your weekly tweaks. [Use this calendar](#) throughout the month to manage your mornings and stay on track.

Before you begin, [complete this morning assessment](#) to evaluate your current routine and find opportunities for improvement.



WEEK 1 CONSISTENCY IS KEY

WEEK 2 START UP YOUR SYSTEM

WEEK 3 POSITIVE PAUSES

WEEK 4 BUILD A BETTER BREAKFAST

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WEEK 1: CONSISTENCY IS KEY

Aim to wake up at the same time every morning and make your bed. Not only is it nice to come home to a neatly made bed, but it feels good to accomplish something first thing in the morning!

- Having your bed made prepares your brain for productivity while giving you more mental clarity.
- You don't have to do this perfectly - simply tidying up is fine!

REMEMBER...

- If you have not already, complete the morning assessment to help estimate your daily wake up time.
- Limit caffeine intake at least 7 hours before bed to avoid sleep disruption.
- Aim to go to sleep around the same time every night.
- Limit the snooze button in the morning.
- As soon as you wake up, start your process of getting up and out of bed.
- Allow natural light to enter your room.
- Try to limit phone use at least an hour before bedtime.
- When you're preparing for bed, put your phone on Do Not Disturb or Airplane Mode so you aren't tempted by notifications.
- If you are using the [Mindful Mornings calendar](#): every morning you stay consistent with your wake up time, write in the time you woke up and place a check in the orange box to keep track of your progress.

CHECK OUT THE NEXT
PAGE FOR A LIST OF APPS
TO HELP YOU GET A
BETTER NIGHT'S SLEEP.



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WEEK 1: CONSISTENCY IS KEY

These phone applications can help you get better rest and wake up more easily in the morning.



Sleep Cycle

(Android and iOS: Free, In-App Purchases)

- Alarm function wakes you up during your lightest sleep at the closest time to your target wake up time
- Tracks your quality of sleep based on your movement throughout the night



Good Morning Alarm Clock (iOS)

Sleepzy (Android)

(iOS: \$4.99, Android: Free, In-App Purchases)

- Alarm function wakes you up during your lightest sleep at the closest time to your target wake up time
- Tracks your quality of sleep based on your movement throughout the night
- Allows you to create bedtime playlists or listen to relaxing sounds



AlarmMon

(iOS & Android: Free, In-App Purchases)

- Incorporates characters and wake-up games to shut off the alarm
- Has weather and behavior logging capabilities



Walk Me Up

(iOS & Android: Free, In-App Purchases)

- Gets you to pick up your phone and walk 15 steps to shut off alarm
- Includes "evil mode" which disables the snooze button



Alarmy

(iOS & Android: Free, In-App Purchases)

- You can set it as a normal alarm, or it can make you take a photo, solve puzzles, or complete other tasks to turn off the alarm
- Includes sleep music feature

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WEEK 2: START UP YOUR SYSTEM

Do something to start up your nervous system when you wake up. You'll give yourself a boost of energy by exercising for 10-15 minutes every morning.

- Even quick bursts of exercise (as short as 30 seconds!) in the morning can help energize you and get your day rolling.
 - You can even start with a few push-ups, sit-ups, or walk around the house to get you going and work your way up to 15 minutes.
- Stretching, yoga, walking, a handful of jumping jacks, etc. are all ways to get your blood circulating in your deeper tissues and your brain ready to think and process information.

REMEMBER...

- Complete the morning assessment again to include exercise into your morning routine and reassess your best wake up time.
- Try out various types of exercise to find out which ones fit into your morning routine the best.
- Aim to exercise as soon as you wake up.
- Lay out your exercise clothes and any personal safety equipment the night before.
- Aim to get additional exercise throughout the day.
- Every morning you complete 10-15 minutes of exercise, write in your activity and place a check in the green box of your Mindful Mornings Calendar to keep track of your progress.

MORNING EXERCISE VIDEOS

- 10-Minute Mindful Morning Yoga
- 10-Minute Morning Yoga
- 10-Minute Low Impact Cardio Workout
- 10-Minute Beginner HIIT Workout
- 5-Minute Morning Bed Yoga



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WEEK 3: POSITIVE PAUSES

Incorporate a five-minute "positive pause" into your morning routine. These positive pauses can include [activities from the Gratitude Tweak](#) or they can be new practices!

- Just like in your nighttime routine, taking time to mentally calm down in the morning is hugely important.
- Doing so in the morning will give you time to put your personal wellness at the forefront of your mind.
- Positive pauses can include a combination of:
 - Journaling
 - Sitting outside and noticing your surroundings with all of your senses
 - Meditating
 - Listening to soothing music
 - Reflecting on what you are thankful for
 - Setting a positive intention for your day



REMEMBER...

- [Complete the morning assessment](#) again to include a five-minute positive pause in your morning routine.
- Perform these pauses in a quiet and relaxing place.
- Use different methods throughout the week to find which ones work best for you.
- Every morning you complete a positive pause, write in your activity and place a check in the blue box on your [Mindful Mornings Calendar](#) to keep track of your progress.

RESOURCES

- [PositivePause.com](#)
- [5-Minute Meditation](#)
- [Guided Morning Wake-Up: Positive and Uplifting Affirmations to Start Your Day](#)
- [Morning Uplift: You Are Amazing!](#)
- [Daily Positive Morning Affirmations for Personal Transformation](#)
- [Meditation Challenge](#)

CHECK OUT THE NEXT PAGE FOR A LIST OF APPS TO HELP YOU TAKE POSITIVE PAUSES.

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WEEK 3: POSITIVE PAUSES

These stress and mindfulness phone apps can help you incorporate mindfulness into your mornings.

Balance

(Android: Coming soon, iOS: Free, In-App Purchases)

- The world's first personalized meditation audio program
- Personalized guided meditations tailored to your moods, goals, experience and more
- Meditation progress reports
- Nine meditation techniques to help you build your practice



Calm

(iOS & Android: Free, with paid subscription options)

- Includes many different guided meditation and mindfulness programs
- Utilizes sleep stories, breathing programs, stretching exercises, and relaxing music
- Sessions available in customizable lengths of time
- Progress tracking and daily streaks



Insight Timer

(iOS & Android: Free, with paid subscription options)

- You can join a community of other meditators around the world
- Provides multiple programs of all lengths including those for meditation, breathing, mindfulness and sleep



Headspace

(iOS & Android: Free, with paid subscription options)

- Has hundreds of guided meditations on topics of managing stress, anxiety, sleep, productivity, exercise and physical health
- Has many features accessible through a subscription to Headspace Plus



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WEEK 4: BUILD A BETTER BREAKFAST

Focus on creating a balanced breakfast that includes all three major macronutrients: carbohydrates, fats, and proteins.

- A healthy meal in the morning will energize you and give you the solid platform you need for the rest of your day.
- Don't forget to keep your wake up time consistent and continue your daily routine including the tips from weeks 1 through 3!

HEALTHY FAT SOURCES

- Nuts, (peanuts, almonds, walnuts, etc.)
- Natural peanut butter or almond butter
- Extra virgin olive oil
- Avocado
- Salmon
- Flaxseed
- Coconut
- Chia seeds

HEALTHY PROTEIN SOURCES

- Plain, non-fat Greek yogurt
- Eggs
- Chicken
- Turkey sausage
- Milk or almond milk
- Low-fat cottage cheese

HEALTHY CARBOHYDRATE SOURCES

Sources of whole grains include oatmeal, whole-wheat breads such as toast, English muffins, bagels, waffles, and whole grain cereal & granola.

- Sweet potato
- Fruit
- Oatmeal
- Beans
- Quinoa



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WEEK 4: BUILD A BETTER BREAKFAST

REMEMBER...

- [Complete the morning assessment](#) again to include any additional time you may need to make breakfast in your morning routine.
- Aim to consume at least one source of protein, one source of fat, and one source of carbohydrates with every breakfast.
- Find breakfast recipes that you enjoy.
- Use tips and tricks from [Tweak 1](#) to add in additional fruits and vegetables.
- Every morning you consume a balanced breakfast, be sure to write in the recipe on the [Mindful Mornings Calendar](#) and place a check in the purple box to track your progress.

RECIPES

- [Quinoa Breakfast Bowl](#)
- [Almond Butter Yogurt Fruit Parfait](#)
- [Fried Egg Avocado Toast](#)
- [Peanut Butter Banana Smoothie](#)

PREP IN ADVANCE

- [General Breakfast Meal Prep Ideas](#)
- [Flax Blueberry Vanilla Overnight Oats](#)
- [Peanut Butter Overnight Oats](#)
- [Egg Muffins with Ham](#)

GATORCARE RESOURCES

- [Sugar Challenge](#)
- [Interactive Mindful Eating Presentation](#)

