

Mindful Morning Rituals

Spend a few minutes with Suzy Reading's simple rituals at the start of each day

Mindful appreciation

As you wake, before you take any other action, reflect on one thing you are happily anticipating in your day; this can be as simple as thankfulness for another day, for this body, for this breath. If there is time, listen for sounds of nature around you. Tune into the dawn chorus, look out of the window and see if you can identify who belongs to each call, then keep a look out for them when you head out later.

Awaken your senses

Choose a product with a scent you love - an essential oil or a spritz of room spray - or tenderly apply some hand balm or body lotion. Pause and take a moment to enjoy the pleasurable aroma. Relax and take a few restorative breaths and feel the scent harnessing different energetic effects.



Gentle movement

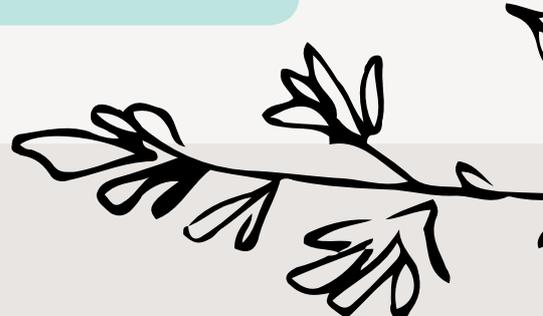
A few gentle stretches will help you prepare for the day ahead.
Stand tall and start by taking some yoga mountain breaths

Mountain breaths

- 1** Stand upright with your feet hip width apart. Place your arms down by your sides and gaze forwards. Notice how it feels to be standing upright, feeling the strength of your legs and the support from the earth beneath you.
- 2** As you breathe in, raise your arms out to your sides and reach them overhead. Gaze up and press your palms together. As you breathe out, lower your arms down to your sides, reaching through the crown of your head, and look forwards. Focus your attention on how it feels to be moving, keeping your mind anchored on this present moment. Repeat this arm movement with your breath six times, noticing how it helps you breathe deeply and how you feel better when you breathe better.
- 3** On the last repetition, hold the pose with your arms overhead for a few breaths, feeling the length of your spine and the strength of core. Notice the sense of power, energy and alertness you feel when you reach up and stand tall like a mountain.

Mountain side stretches

- 1** Begin with your feet hip-width apart and your arms down by your sides.
- 2** Imagine there is a pane of glass in front of you and one behind you, so you can't arch or round your spine, all you can do is elongate and side bend. As you breathe in, raise your right arm skyward with your palm facing you, stretching all the way out to your fingertips. As you breathe out, reach your right arm up and over toward your left, making a banana shape with your body, until you feel a stretch through the right-hand side. As you breathe in, bring your body back to upright. As you breathe out, float your right arm down by your side.
- 3** Breathe in and raise your left arm up. Breathe out and reach your left arm up and over, banana-shaping your body and stretching the left-hand side. Inhale to return to centre and, as you exhale, float your left arm back down by your side. Repeat this action three to six times each side, moving slowly and deliberately with your breath. There is no benefit in moving fast. Once complete, notice if you feel taller and more peaceful than when you began and tune in with the energy that is now circulating around your body.



Choose a mantra

End your routine by repeating some mantras. Choose one that resonates for you. This could be a simple 'I am' statement paired with a quality you'd like to invoke, or a positive sentiment to boost your confidence and self-esteem:

'I am calm'

'I am resilient'

'I am ready'

'I am capable'

'I appreciate me'

Return to your mantra throughout your day to find calm and clarity.





WEEK 3

How stressed are you on a scale of 1 to 10? ___

How confident do you feel on a scale of 1 to 10? ___

How happy/content are you on a scale of 1 to 10? ___

Have you experienced any feelings of stress this week? Put an 'x' next to any that apply:

- Difficulty getting to sleep
- Wakefulness during the night
- Racing heart
- Shortness of breath
- Headaches
- Irritability or short-temperedness
- Worry or over-thinking
- Fatigue during the day
- Difficulty switching off/relaxing
- Forgetfulness
- Feeling of panic or uneasiness
- Nausea

Do you feel you've had enough time to dedicate to yourself or your passions/interests this week?

- Yes
- No

How much exercise have you done this week?

- 30 minutes
- 30 to 60 minutes
- 1 to 2 hours
- 3 to 4 hours
- 5 hours or more

How many hours a day have you been spending on social media?

- None
- Less than an hour
- 2 to 3 hours
- 4 hours or more

To what extent do you agree with the following phrase, 'I feel that I'm a person of worth, at least on an equal plane with others.'

- Strongly agree
- Agree
- Disagree
- Strongly disagree

WEEK 4

How stressed are you on a scale of 1 to 10? ___

How confident do you feel on a scale of 1 to 10? ___

How happy/content are you on a scale of 1 to 10? ___

Have you experienced any feelings of stress this week? Put an 'x' next to any that apply:

- Difficulty getting to sleep
- Wakefulness during the night
- Racing heart
- Shortness of breath
- Headaches
- Irritability or short-temperedness
- Worry or over-thinking
- Fatigue during the day
- Difficulty switching off/relaxing
- Forgetfulness
- Feeling of panic or uneasiness
- Nausea

Do you feel you've had enough time to dedicate to yourself or your passions/interests this week?

- Yes
- No

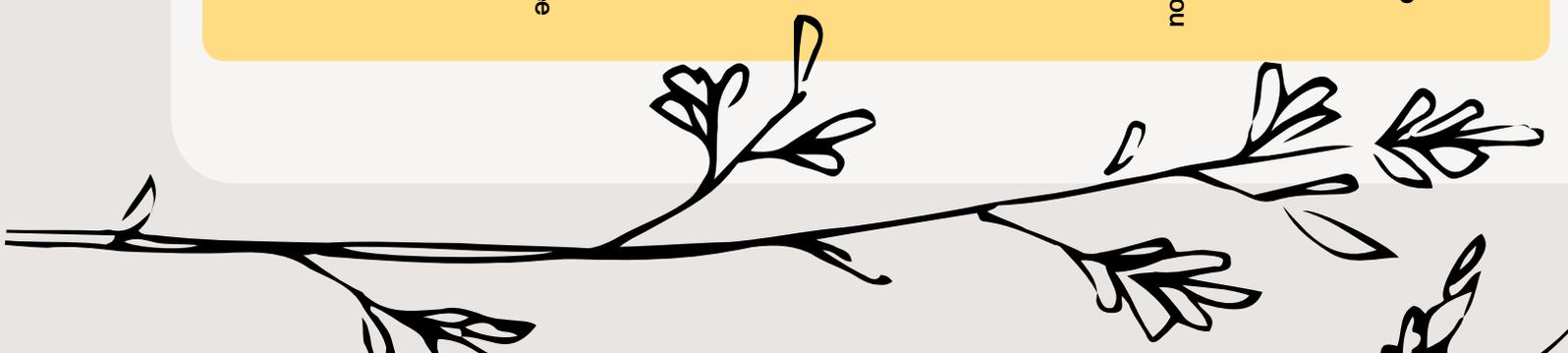
How much exercise have you done this week?

- 30 minutes
- 30 to 60 minutes
- 1 to 2 hours
- 3 to 4 hours
- 5 hours or more

How many hours a day have you been spending on social media?

- None
- Less than an hour
- 2 to 3 hours
- 4 hours or more

To what extent do you agree with the following phrase, 'I feel that I'm a person of worth, at least on an equal plane with others.'

- Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
- 

WEEK 1

How stressed are you on a scale of 1 to 10? ___

How confident do you feel on a scale of 1 to 10? ___

How happy/content are you on a scale of 1 to 10? ___

Have you experienced any feelings of stress this week? Put an 'x' next to any that apply:

- Difficulty getting to sleep
- Wakefulness during the night
- Racing heart
- Shortness of breath
- Headaches
- Irritability or short-tempereness
- Worry or over-thinking
- Fatigue during the day
- Difficulty switching off/relaxing
- Forgetfulness
- Feeling of panic or uneasiness
- Nausea

Do you feel you've had enough time to dedicate to yourself or your passions/interests this week?

- Yes
- No

How much exercise have you done this week?

- 30 minutes
- 30 to 60 minutes
- 1 to 2 hours
- 3 to 4 hours
- 5 hours or more

How many hours a day have you been spending on social media?

- None
- Less than an hour
- 2 to 3 hours
- 4 hours or more

To what extent do you agree with the following phrase, 'I feel that I'm a person of worth, at least on an equal plane with others.'

- Strongly agree
- Agree
- Disagree
- Strongly disagree

WEEK 2

How stressed are you on a scale of 1 to 10? ___

How confident do you feel on a scale of 1 to 10? ___

How happy/content are you on a scale of 1 to 10? ___

Have you experienced any feelings of stress this week? Put an 'x' next to any that apply:

- Difficulty getting to sleep
- Wakefulness during the night
- Racing heart
- Shortness of breath
- Headaches
- Irritability or short-tempereness
- Worry or over-thinking
- Fatigue during the day
- Difficulty switching off/relaxing
- Forgetfulness
- Feeling of panic or uneasiness
- Nausea

Do you feel you've had enough time to dedicate to yourself or your passions/interests this week?

- Yes
- No

How much exercise have you done this week?

- 30 minutes
- 30 to 60 minutes
- 1 to 2 hours
- 3 to 4 hours
- 5 hours or more

How many hours a day have you been spending on social media?

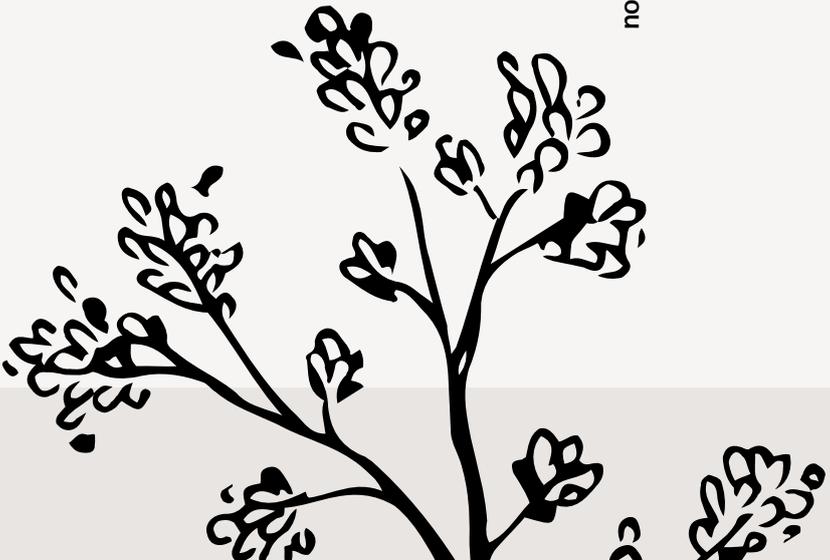
- None
- Less than an hour
- 2 to 3 hours
- 4 hours or more

To what extent do you agree with the following phrase, 'I feel that I'm a person of worth, at least on an equal plane with others.'

- Strongly agree
- Agree
- Disagree
- Strongly disagree



Mindful Morning Rituals



Check in with your stress levels before you begin your morning routine and then once a week for the next 2-4 weeks. Notice any changes and acknowledge any improvements.

How stressed are you on a scale of 1 to 10 (where 1 is not stressed)? ___

How confident do you feel on a scale of 1 to 10? ___

How happy/content are you on a scale of 1 to 10? ___

Have you experienced any feelings of stress in the last 4 weeks? Put an 'x' next to any that apply:

- Difficulty getting to sleep
- Wakefulness during the night
- Racing heart
- Shortness of breath
- Headaches
- Irritability or short-tempereness
- Worry or over-thinking

Fatigue during the day

Difficulty switching off/relaxing

Forgetfulness

Feeling of panic or uneasiness

Nausea

To what extent do you agree with the phrase, 'I feel that I am a person of worth, at least on an equal plane with others.'

Strongly agree

Agree

Disagree

Strongly disagree

Do you feel you have enough time to dedicate to yourself or your interests?

Yes

No

How much exercise do you do in an average week?

30 minutes

30 to 60 minutes

1 to 2 hours

3 to 4 hours

5 hours or more

How many hours a day do you usually spend on social media?

None

Less than an hour

2 to 3 hours

4 hours or more