



Picture by cynefin

Starting a healthier morning routine *by Haley (Halcyon)*

The coronavirus pandemic has seen sudden changes to our daily lives and if your morning routine has gone by the wayside, you are not alone. Having a healthy morning routine can help you feel more in control and help set the tone for the rest of the day. Here are some tips to help you get back into a routine.

- **Lower your expectations.** Make your morning routine something that you can stick to when you go back to school/work. Don't cram it full of activities; think about what you value and choose activities to align with what's important to you.
- **Plan your morning routine in advance.** Write a list of what you would like to achieve in the mornings and then create a set time schedule for each activity.
- **Plan your sleep schedule.** Having a good morning routine also depends on a good night's sleep. Think about how many hours' sleep you need at night and try to go to sleep at the same time every night.
- **Try not to hit the snooze button.** Consider placing your alarm out of reach so that you have to physically get out of bed to switch it off - there's no temptation to hit 'snooze' that way.
- **Start slowly.** You may need to wake up 15 minutes earlier each day until you get back on track and maybe add one new morning activity each day so you're not overwhelmed. That's okay. Experiment until you find the routine that's best for you.

NEWS

Articles (31st May)

10 quiet activities to do when your surroundings seem too loud

The world around us can sometimes feel too loud and overwhelming and it can be a distressing experience, but having some quiet activities picked out can be beneficial. Read this article to learn 10 activities you can try to find some peace and quiet.

www.teenhelp.org/forums/f80-mental-health/t160157-10-quiet-activities-do-when-your-surroundings-seem-too-loud

Tips to working out in your teenage years

Regular exercise is important for mental and physical development during your teenage years. This article describes ways you can keep fit by doing a combination of cardio and strength training. Read on to find out more.

www.teenhelp.org/forums/f82-general-health/t160132-tips-working-out-your-teenage-years

INTERESTING TOPICS THIS MONTH

How to get organised?

This user would like tips on how to get organised. If you have any tips that help you, share them here!
www.teenhelp.org/forums/f219-lifestyle/t160131-how-get-organised

Braces

Have you worn braces before? This user would like to hear your experiences with them.
www.teenhelp.org/forums/f16-general-health/t160144-braces

