



We know mornings can be rough, so let's take some time to slowly ease into the day. Here are some mindful practices to go through before hopping out of bed.



Start by taking three nice deep breaths and stretch wherever you are feeling some tightness in your body. Beginning our day by slowly easing into our bodies can help us feel more connected to ourselves.



Note 3 things that have been on your mind since you have woken up. Whether they are typical thoughts about our day or how we are feeling, or even grief thoughts, just try to allow them to be there without judgement.



Take a moment to note 3 thoughts of gratitude. Remember, gratitude is not to push away our feelings and experiences, but to remind us that the good things can live alongside the hard things in life.



Think of something you are looking forward to in your day. Is it a call with a friend? Your morning coffee or tea? A gentle walk outside? Adding nice things to look forward to helps us start our day with a sense of comfort in things to come.