

# Tips for starting your day



1. **Wake up early:** Set your alarm 10-15 minutes earlier, this will allow you to wake up slowly and start your day calmly. Try waking up at the same time each day to help build a healthy routine.
2. **Set your daily goal:** Spend a couple of minutes thinking about a small goal you would like to achieve for the day.
3. **Do some stretching:** While in bed lift your arms and begin by stretching your fingers, hands, wrists and arms. Stretch your toes, feet, ankles and legs. Gently finish with stretching your neck and back. Do not over stretch, be sure to skip any problem areas and only stretch within your capacity. This will help by enhancing the flow of blood through your body and providing extra oxygen to your muscles.
4. **Remind yourself to live in the moment:** Complete a small mindfulness activity to start the day
5. **Make your bed.**
6. **Brush your teeth.**
7. **Drink a glass of water:** This will help reduce any dehydration which may have occurred over night.
8. **Eat a balanced breakfast.**
9. **Shower:** This is a great way to freshen up and start the day.
10. **Take your medication.**

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# Tips for wrapping up your day



1. **Reflection time:** Spend some time in the early evening reflecting on your day and the progress you have made with your goals.
2. **Congratulate yourself:** Congratulate yourself for getting through the day and let go of any worries that have been on your mind.
3. **Medication:** Ensure you take your nighttime medication.
4. **Warm shower:** Have a warm shower 1-2 hours before your bedtime, the rise and fall of your body temperature can promote drowsiness.
5. **Avoid caffeine and nicotine in the evenings:** Have a chamomile tea to help unwind from the day.
6. **Reduce exposure to artificial lights:** Try to avoid using your phone, tablets, TV or laptop approximately 1 hour before your bedtime as the brightness of the screen can impact sleep.
7. **Go to bed at the same time:** Create a healthy sleep pattern and ensure you get enough sleep (7-9 hours per night).
8. **Do some deep breathing or meditation in bed.**
9. **Don't lay awake in bed for more than 20 minutes:** When your mind is racing and you are becoming anxious about not being able to fall asleep get up and do something relaxing until you feel sleepy, then return to bed and try again.
10. **Get comfortable:** Ensure your room is quiet, cool and dark to help facilitate sleep.