

# 7 Stress Relief Tips To Do Each Morning

Here are seven simple things that you can do each morning to reduce stress. Save and use this checklists over and over.

- ☐ Mediate for 10 minutes. This will help you prepare your mind for the days stresses. Try the headspace app:  
<https://www.headspace.com>
- ☐ Wake up early, because rushing creates stress. Give yourself plenty of time to begin your day.
- ☐ Make your bed. This is an old military tactic to prepare your mind for a productive day.
- ☐ Ask yourself if the universe is good or bad. Einstein believed your answer would determine your happiness.
- ☐ Eat and eat healthy.
- ☐ Make a checklist of things you want to accomplish today. Keep it to 5-6 tasks.
- ☐ Stop watching the news. The news is mostly negative stories that are addictive and are shown to get you upset and filled with concern.