

FIVE MORNING HABITS



THAT HELP YOU WIN
YOUR DAY

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If you feel like you are trying to catch up through the whole day, if nothing really means anything till you have had your first and second coffee, if you feel tired and sluggish till you get home and slump in front of the television, your digestion ain't what it should be and you just feel like shit, maybe it is time you started creating your day from the get go. Making small incremental changes in your morning routine can really have a great impact on your whole day.

Feeling overwhelmed and disorganised are connected to not having a good morning routine. In fact, the schedules of many top achievers include a morning routine. More often than not this routine starts before the craziness of the day has had a chance to start! So, yes it does come with an early rise. Following this routine will mean you will attend to your digestion, bring in some control, give your body a great wake up, take care of a moment or two or mindfulness and nourish your brain.

'If you win your morning, you win your day!'

Wake at your best time, the earlier the better ...

'If you win your morning, you win your day'

- CHAPTER 1... The difference a lemon makes ...
- CHAPTER 2... You will never look at making your bed the same way again ...
- CHAPTER 3... Wake your body, one way or another, you have to do it...
- CHAPTER 4... Connection and gratitude, the bliss of life...
- CHAPTER 5... Nourish your brain, and stay energised all day...

Chapter 1

‘The difference a lemon makes’

Our digestion needs all the help it can get so a lovely big glass of warm (filtered) water first thing is a great flush for the digestive system and can help rehydrate your body. Adding in a good squeeze of lemon can stimulate stomach acid production and bile which are essential for proper digestion. The lemon also adds in a little vitamin C in the morning. There is even some research to suggest that drinking lemon water first thing helps maintain a healthy weight.



It may also help to reduce pain and inflammation and support the liver.

I have been doing this for years and it always feels like it is cleansing and flushing my whole system. I feel it increases my energy and improves my digestion throughout the whole day. I always follow my lemon water with a glass of fresh water to make sure no acid residue is left on my teeth from the lemon.

It is part of my healthy habit routine, make it part of yours ...

Chapter 2

‘Take control over what you can’

‘If you make your bed in the morning you will have accomplished the first task of the day, it will give you a small sense of pride and will encourage you to do another task, and another. By the end of the day that one task completed will turn into many tasks completed. Making your bed will also reinforce that doing the little things right matter and if you cannot do the little things right you will have more of a chance of doing the big things right’. These are the words of Navy Seal Admiral McRaven from his Ted Talk. He continues to say that if you have a bad day and come home, at least your bed will be made and it may encourage you that tomorrow will be better.

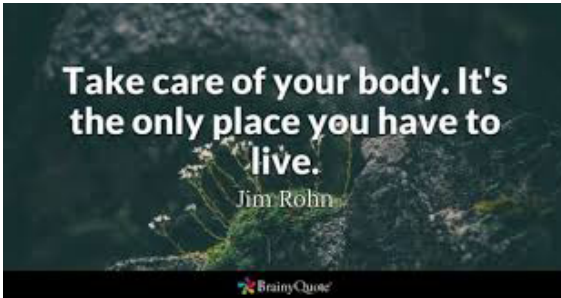


A successful life is a series of successful days, day after day. By completing a small task that you have control over sets you up to continue achieving.

It really is a good feeling to walk into the bedroom and the bed is nicely made up. I have never found it necessary to overdo it with 'hospital corners' or 45 pillows. Keep it simple, keep it tidy and repeat daily.

Chapter 3

‘Your body thrives with movement’



If you want to move well as you age you must keep your body moving well as you age. Your health depends on movement. Every system of our body needs movement for optimal health. .

Healthy movement in the morning ensures we get our exercise out of the way without even thinking about it. It helps us -

- Wake up our bodies, particularly getting blood to our extremities including our brain
- Feel better emotionally
- Think, learn, and remember
- Feel better physically
- Communicate and express ourselves

You don't have to head to the gym or pound the streets but you do have to do something. I am a great fan of yoga followed by a HIIT (High Intensive Interval Training). Establish a routine that suits you, that you can fit into about 20 minutes most days and that you enjoy. I love to follow my HIIT with a few headstands. If I only have 15 minutes I do 5 minutes of yoga, 5 minutes of HIIT and 5 minutes of standing on my head. Once or twice a week I ditch this routine and head



to the beach for a beach walk, including up the sand dune and run down followed by a swim in the ocean. I do also recommend that you add in additional structured exercise at least two times each week – a yoga or pilates class, a gym session, a bike ride ... whatever rocks your socks!!

This is me standing on my head. Do not do this without learning how to do it properly.

Chapter 4

‘Connection and Gratitude, the bliss of life’

This is the time for you to connect to your higher being, your God with Infinite Love and Gratitude. We have warmed up and stretched our bodies so now it is time to wake up our spirit. The practical benefits of a morning meditation are that you can handle what the day presents to you without stress and are so much more adaptable and in flow. Life becomes better, for no apparent reason.

It is not necessary to go and sit under a tree for an hour to reap the benefits. I love to stand, with my eyes closed and in the direction of the sunrise, on top of a sand dune, with my feet in the ocean or on my back deck. Switching off for 5, 10 or 15 minutes consistently, daily allows the peace of your surroundings to seep into you. It calms your mind, it slows your blood pressure and will add to your creation of a productive day. (If you are able to spend longer in meditation, please go ahead)

Adding in just three things that you are grateful for and three things that, if they happened today would make the day amazing floats you into a day full of positivity and joy.



The perfect place for a morning meditation ... and the perfect meditation buddy ...

Chapter 5

'Nourish your brain and stay energised all day'

My breakfast is the same but different, every day. I want to get something full of nutrients and good fats and antioxidants into me as deliciously and as simply as possible. Also, it needs to be efficient as well as effective. I know you are time poor, we just all are!

I cannot recommend a smoothie for breakfast highly enough. If you are really pressed for time you can actually make it the night before and have it ready as a grab as you walk out the door. Can't get much more efficient than that!

We need something that is going to keep our blood sugar stable throughout the morning and keep us from reaching for the coffee and muffin pick me up (which keeps us in that blood sugar swing), as well as a good old brain nourishing load of nutrients.

People ask me what's in my smoothie ...

Ingredients

(remember these vary a bit from day to day but if you make a good selection from these on the daily, you will be a winner!)



Chia seeds (make sure you soak them a little)

LSA

Raw egg

Blueberries, or raspberries or mixed berries (we use frozen or whatever is in season)

Coconut oil (great brain nourishment but be careful of coconut oil if you have had your gallbladder removed)

Activated nut butter

Cinnamon (great to stop cravings)

Turmeric (put it with the chia seeds and add hot water to activate - great for inflammation)

Protein Powder (I alternate different types just to mix it up)

Coconut water or coconut milk or almond milk or macadamia milk (or a bit of each)

Greens powder or fresh kale or spinach or cucumber or broccoli or something green

Raw Cocoa (tastes great and fills you up with great vitamins and minerals)

Banana or kiwi fruit or mango or strawberries or apples

Whizz it up and enjoy. If you make a big one, enjoy it for breakfast and morning tea and it truly will nourish you through to lunch and keep your blood sugar stable.

The first 40 to 60 minutes of my day varies but only a little. I don't have to make decisions which means I often find myself doing my exercise and I have not even thought about it. This means I don't give myself a choice to not do it. In the early days of establishing this routine I had to bribe myself ... I did not get to enjoy my cup of tea (which I truly loved!) until I had completed the first four steps of my routine.

These morning habits help me in so many ways. When I win my morning I know I will have created the 'buffers' to allow me to deal with the normal stresses of life that I know will always present. This means I get through the day with less anxiety, I am not reactionary and am able to remain calm amidst the chaos of the day. These morning habits are my tools of trade that I take to work every day and make me more productive.

Linda Dade is a Chiropractor, Kinesiologist and Wellness Coach. She is passionate about providing her patients with the tools to live their best, most authentic and stress free life. Simply!

Linda offers a 12 week Total Body Reset program which covers the three pillars of health, structure, emotion and nutrition.

If you would like to sign up for her Newsletter or if you would like to request a free 15 minute chat to see if she is the right fit for you please contact her
www.banksanddadechiropractic.com.au
linda@bdfchiro.com
follow her on FB and Instagram