

COVID-19: Make Three Subtle Changes to Your Morning Routine and Boost Your Resilience Tenfold

COVID-19 has created a worldwide health crisis that has touched our lives in unimaginable ways. It's easy to feel helpless and hopeless about the current state of the world while being stuck at home. However, in these times, it matters more than ever that we stay hopeful, positive, and connected to ourselves and others. But how can we do this when everything we see and hear is a constant reminder of this trying and scary time? The answer is these three small changes that you can incorporate into your day from the time you wake up.

1. **Wake up and breathe intention into your day.**

Our intention is the underlying aim which motivates everything we think, say, or do. And when we set positive intentions and live through them, we override the unintentional feelings and behaviors that often flood our day, such as frustration, impatience, or anger. Here's how it works:

- As soon as you wake up in the morning, sit up in your bed (straight spine), close your eyes, and relax your body.
- Take a few deep breaths in through your nose and out through your mouth and then continue to notice your breath as you breathe normally.
- Set an intention for the day: "Today I will _____." For example, "Today, I will be kind to myself; be patient with others; believe in my abilities; give generously; be present with my children," or anything else you feel is important.
- Revisit your intention throughout the day and find ways to follow through.



2. Celebrate the small wins early!

From the time you wake up in the morning—even before you consider your day to have officially started—acknowledge and celebrate the small victories. These might include the special breakfast you made for your children, the contribution you made to your video conference, or the walk you took with your partner for a brain break. I want you to find three ways to celebrate how AWESOME YOU are! Because here's the thing: Your brain doesn't know the difference between you celebrating some huge award or celebrating when you remember to floss your teeth. Research supports that acknowledging the small wins impacts your emotions in a positive way, leading to motivation toward higher productivity and success. So, start your day celebrating how awesome you are and watch your performance soar throughout the day!

3. Cultivate an attitude of gratitude.

Don't just write in a gratitude journal once a week because Oprah told you to; approach your entire life with the intention of having an ATTITUDE of gratitude. Be a more grateful person each moment of your day, starting with when you wake up in the morning. Gratitude changes how you see the world and creates a filter through which you experience more joy, happiness, and physical and emotional health!

Sources:

Mindful magazine; Harvard Business Review;

Emmons RA, et al. "Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life," Journal of Personality and Social Psychology (Feb. 2003): Vol. 84, No. 2, pp. 377–89.

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