11 Steps to start your day Happy and Healthy

For some of us mornings are beginning of a new great day filled with optimism, power and freedom to choose and make the best of things. While for others, its just another busy work day with the usual routine and all you want to do is press the snooze button, roll over, pull the blankets over your head, and feel dread about the day ahead. By the time you reach the office, you've probably already dealt with all kinds of stress, then continue to carry it with you throughout the rest of the day. The good news is that you can start your day right, no matter what comes your way. Many people don't believe or understand how but we create our own reality with our thoughts, behavior and consciousness. Every choice we make determines how we feel emotionally, physically and mentally. The way we start our day influences how we feel for the rest of the day. So how do you start your day? Is it by being happy and positive or the other way around? Remember, this is your day, this is your life and it's important to be healthy and to love yourself. Focus on what makes you smile and try one or all of these steps. You'll find your own way to feel less burned out and to make it a wonderful day.

Here is how to rise and shine:

1. Plan the night before.

Start your day organized and more efficient. Have your to-do-list, breakfast menu, clothes you will wear, keys ready the night before and you will feel more relaxed and in control, less scrambled and frustrated. Most importantly, you will have extra time in the morning.

2. Leave your curtains halfway open.

The rising morning sun light will send a signal to your brain to slow down the production of melatonin and instead to bump its production of adrenaline to get ready to wake up. So when your alarm goes off, you'll already be half awake.

3. Set your alarm 15 minutes earlier and try not to rush.

First of all get yourself a pleasant alarm clock. The sudden blare of a loud alarm in the morning can be stressful, shocking and leave your mind in a state of confusion. Instead, make sure you get a soft alarm, music or something much nicer to wake up

to than buzzing, beeping or clanging. By setting your alarm 15 minutes earlier, you don't have to jump out of bed and rush through your morning getting things done, franticly stumbling, mind racing, and worring of being late again. It makes for a stressful start. Setting the alarm earlier gives you plenty of time to ease into your day gradually, you can begin by lying in bed, stretching, having a positive thought for the new day ahead of you, smiling and slowly waking up.

4.Don't snooze.

Its true " You snooze, you lose". When you hit that button, your brain knows it will go off again in a few minutes and it goes back to sleep but when you wake again you just make yourself feel more tiered for the rest of the day than if you'd gotten up when it first sounded.

5. Stretch and mediated in bed.

Before you even open your eyes try this. Lift your arm and begin by stretching each finger, then your hand, then your wrist, then your arm. Then move on to the other arm. Then your toes, feet, ankles, and legs. Finally, end with a neck and back stretch that propels you out of the bed. You've just limbered up your muscles and joints and enhanced the flow of blood through your body, providing an extra shot of oxygen to all your tissues. Then simply breath deeply in for a count of 3 to 5 allowing your belly and chest to expand and breath out allowing everything to drop away. Observe your breath, notice how enters and leaves your body. This will allow you to create a sense of peace within and it will also help get you into a good head space before you get

up. While taking these deep breaths find something that you are grateful for in your life.

6.Move and get physical in the morning.

Mornings are a great time to schedule your exercise session, giving your body some movement first thing in the morning is an energizing, stress-relieving and mind-clearing way to start your day. You get it finished before you can talk yourself out of it or get too busy for it. The endorphin rush improves your mood and the blood you got pumping gives you lasting positive energy. In order to be healthy, one must exercise.

7. Take a morning shower.

 If you take a quick morning shower right after you wake up, your body gets out of sleep mode and starts the daytime mode. You're more awake, more alert, and definitely more fit to start your day. Use soaps and lotions with a scent that stimulate the brain, such as citrus, jasmine or mint. This will really help bring the world into focus.

8. Begin your day with motivational quote and think positive.

Reading something positive and inspiring will keep you motivated and headed in the right direction. Many people read the news, which can be a sad and heavy way to start the day. Have some books that are uplifting, inspiring or even humorous for brain stimulus. This will give you positive, fun thoughts to keep you energized throughout the day. Banish all worries from your mind in the morning and make an effort to focus on things that make you smile. Visualize your awesome day ahead of you and it will allow you to create your most ideal day before you even step out the door.

9.Kiss the ones you love in your house.

Hug and kiss your loved ones, even your cat or dog, that will soothe your stress level and will provide a positive start of your day as well as it will keep you focused on what's really important in your life.

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10. Have a glass of hot water with lemon before breakfast.

This will help with digestion and is effective in body cleansing and detoxification. Lemons have strong antibacterial, antiviral and immune-boosting powers. Lemon juice flushes out unwanted materials and toxins from the body, energizes you and enhances your mood. Also it's a great source of vitamin C, balances the pH levels in the body.

11.Eat a healthy breakfast.

Breakfast is what fuels our bodies for our entire day and it's the first thing we put in our bodies during the day. It's like a first impression. Breakfast, if it's unhealthy, is a bad impression on you. It affects how your body will work for the day.