# 6 Excellent Morning Habits for Your Mental Health

Everyone says that your mental health is just as important as your physical health. But what does taking care of your mental health look like? A good amount of taking care of your mental health includes discovering coping skills that work specifically for you. In addition to coping skills, it’s essential to remember that a lot of taking care of your mental health is actually in preventive methods. These are habits or actions that will lead to improving your mental health over time. This can be in the form of routines, habits, and actions. In particular, having effective habits in the morning can change the whole trajectory of your day.

## The Importance of a Morning Routine

Having a morning routine can set up your day for success. The great thing about routines is everyone’s will be a little different. When you are making your morning routine, you want to make sure that you are choosing things that make you feel good and prepared for your day.

## 6 Examples of Morning Habits for Your Mental Health

### Making Your Bed

Making your bed signals to your brain that you are not getting back into bed. This can indirectly let your brain know that your day is starting.

### Self-Grooming

Taking care of yourself is incredibly important to our overall well-being. Many times, when people struggle with their mental health, they will neglect self-care. At the same time, it may seem like a small step out of your health habits, but when you feel better about yourself, you feel better in general.

### Fueling Your Body

I’m sure you have heard that breakfast is the most important meal of the day. The meaning behind this popular saying is that fueling your body when you first wake up is imperative. It’s also important to make sure that you are hydrating your body when you first wake up. Your body is going to work better and feel better when you hydrate and nourish your body first thing.

### Make a Gratitude List

The world can be a crazy place. If you think about it too much, it’s easy to get stuck in a negative thought cycle. One way to combat this is to list things you are grateful for in the morning or at night. Making a list of things you are thankful for teaches your brain to look for the good in every situation.

### Get Outside

Getting some exercise and getting some light is a great way to start your morning. Getting light in the morning helps to improve your circadian rhythm. This helps with improving your sleep. Getting good, quality sleep is essential for your mental health. When you get exposed to sunlight, your body produces vitamin D.

### Plan Your Day

Plan out a rough draft for your day. This can be as simple as making a to-do list. Writing down what you have to get done in a day can be helpful for time management and maintaining low-stress levels.

These habits are great places to start building a morning routine. It’s important to remember that these habits will not fix your mental health struggles. They will certainly help, but you shouldn’t expect it to solve everything. Partaking in counseling is always a great way to take the next step toward improving your mental health. If you are ready to talk to a therapist, we are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today.

**References**

<https://asana.com/resources/best-morning-routine>

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