

Five ways to have a stress-free morning

Notes & Cues:	<p>Article:</p> <p>Prepare the night before</p> <p>Prepare what you can the night before, says Dr Hazel Wallace, a locum doctor and the author of The Food Medic — from your packed lunch to laying out your clothes. Vicky Silverthorn, a professional organiser, suggests leaving necessary items by the front door, or using sticky notes as reminders. Checking the weather forecast, keeping your calendar up to date and taking care of any time-intensive grooming routines the night before will also help you feel more prepared.</p> <p>Take a few minutes</p> <p>Many of us make the mistake of reaching for our phones first thing. Instead, Silverthorn encourages starting the day with at least five minutes away from gadgets, perhaps spent making a cup of tea and sitting down to drink it in peace. "That is vital for me every morning. It's five minutes to get your head together. You can say it's hard, but five minutes is doable." The daily commute can also be made less stressful with a few tweaks, says Wallace. Check for delays, leave in plenty of time, wear comfortable shoes and have a book or a podcast ready for your journey.</p>
Summary:	