

Rise & Shine!

Get ready for work with less stress

It's Monday morning and you don't feel like getting out of bed. After listening to the alarm clock ring for several minutes, you eventually drag yourself into the kitchen for a cup of coffee.

You begin getting dressed for work and are only halfway ready when you realize it is time to leave.

Hurriedly, you run a comb through your hair and dash out the door, hoping you aren't forgetting anything important.

Does this sound like some of your mornings? Do you ever have trouble getting up and around like you should? A stressful morning can cause you to feel tense for the rest of the day.

Knowing a few tips can help make the start of your day more relaxing and peaceful.

Get a head start

Do as much as you can the night before to help your morning go more smoothly? You could plan what you are going to wear and make sure that it is cleaned and pressed.

Also, if you take a lunch or snack, prepare it ahead of time. If you have to carry papers or equipment with you, get it organized or even load it into your car.

Beat the buzzer

You may have noticed that you always push the snooze button and end up running late.

One remedy for this problem is to set your alarm clock so it rings ten minutes earlier than when you need to get up. You can indulge yourself by hitting the snooze button and still get up on time.

However, the best solution is to simply make sure you get enough sleep, so getting up in the morning is not as difficult.

Relax and enjoy

Plan an activity that will make your morning a little more relaxed and enjoyable. You could have your favorite breakfast food ready when you get up, or listen to a CD that you like while you are getting dressed.

By practicing these hints, you can transform your morning from a dreaded event to a pleasant start of a great day. You will be amazed at how much of a difference a stress-free morning can make in your life.