



Good Morning

By: Mary Anne Dunkin

Eight quick tips to make your mornings easier.

If morning chaos and pain make you want to throw your hands up in defeat and crawl back in bed, get proactive. A successful morning requires not only streamlining tasks in the a.m., but also plenty of planning the night before. Try these tips to help you get up and at 'em and out the door on time.

PRESET –

- Set your electric blanket or heating pad to come on shortly before wake-up time to help loosen stiff joints.
- Program your coffee maker to have coffee ready when you are.

PLAN –

- Lay out your outfit, accessories, and dressing aids. Pre-tie your necktie or scarf so you can slip it over your head.
- Make sure you have “grab-and-go” breakfast foods, like hard-boiled eggs and fresh fruit.

PREPARE –

- Lay your morning dose of anti-inflammatory or pain-relief medicine next to your bed with crackers and water. Take it when your alarm goes off, hit the snooze button – it can start working before you get up.
- Have kids prepare and put their lunches in the fridge.
- Make sure homework is checked, papers are signed, and backpacks and briefcases are packed and by the door.

In the morning, open your blinds as soon as you get up; the natural light will help you wake up

Source: Arthritis Today

www.commonhealth.virginia.gov

The contents of the CommonHealth weekly emails may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov