

Simple Morning Rituals For A Peaceful Day

☾ **Drink warm water with lemon**

This is an Ayurvedic practice that's said to jumpstart the metabolism while encouraging gentle detoxification. It's also really relaxing.

☾ **Oil pulling**

Swish about a tablespoon of oil around in your mouth for 10 or 20 minutes. Coconut and sesame oils are most commonly used. This practice also comes from Ayurveda and is said to be very healthy and detoxifying. It tastes really bad, but people say you get used to it.

☾ **Morning pages**

Morning pages is a process of free writing in your journal for a set duration, maybe 10 minutes or three pages or whatever feels right for you. Benefits include jumpstarting your creativity and seeing what's really on your mind, which might surprise you.

☾ **Gratitude list**

Write down or simply mentally list three things you're grateful for. Gratitude is a wonderful way to start the day while focusing on the good in the world.

☾ **Exercise**

Starting the day with yoga, running or even walking jumpstarts circulation, wakes you up and helps you start the day off right. It also ensures you actually fit a workout into the day.

Ideas for morning rituals, cont'd.

☾ **Drink a smoothie**

Start the day with a shot of fruits and vegetables. Green smoothies are super popular right now, but any color will fill your body with vital nutrients. Try mixing spinach with a green apple, celery, pear and water. Really delicious! Carrot, pineapple, orange and ginger is another delicious combination.

☾ **Tell yourself you love you**

You might make sure to tell your loved ones as they're walking out the door, but how often do you take a moment to look yourself in the mirror and say, "I love you?"

☾ **Dry brush**

This is another Ayurvedic ritual that's really relaxing and takes just a moment. It gently exfoliates your skin, encourages detoxification and increases blood flow. Always brush in upward strokes, toward the heart.

☾ **Have a dance party**

Taking even a few moments to bounce around to your favorite song while getting dressed starts the day off on a fun note. How can you not leave the house smiling when you've just moved to the groove before 10 a.m.?



Tip: Pick just one ritual and make that a habit before selecting another one. Changes are most gently made one step at a time.