

WELL MAMMA

6 tips to vibrate higher

Change that alarm

Please oh please get rid of that horrible alarm if you have one. Instead put on a pleasant sound or a song. Also make a point to change it up every now and then. It feels good to wake up to something that is pleasing to the senses.

Ditch the phone

This is a total no-brainer. So many studies prove that keeping our phones in the bedroom is a bad idea.

Stay away from it (and from your laptop!) for the first hour. It feels good to start the day free from technology and media

Chill out

Stay in bed for a few minutes, get comfy in your pillow and think of the mindset you want to adopt today. This is a good time to make positive affirmations or to simply just connect with yourself.

It feels good to be hopeful and optimistic about yourself.

Spread the goodness

If you have children or a spouse, give them cuddles or kisses and have a positive exchange with them. Make sure the first words that come out of you when you wake up in the morning are positive. "Have a wonderful day" vs "Don't miss your bus, don't do this or that", etc.). Talk in a way that makes you and others around you feel good.

Move

Get some form of movement into your morning. It doesn't have to be a full blown workout – it can simply be a few stretches, light exercises like yoga or Pilates, a walk outdoors or simple breathing exercises to get your nervous system going and ease into the day.

Eat what you want

Always ask yourself, "what do I really feel like eating/drinking this morning?". Ditch the routine brekkie. I used to always eat the same breakfast at the same time every day. No more, it makes me a lot happier to eat what I want when I want. Sometimes that is fruit at 8am,, other times it is n omelette at 11am. Eat what feels good.