

Wake Up Today With These Simple Steps To Rise Above



Nightmare Narcissistic Boss? : Wake up today with these 9 simple steps to RISE ABOVE by Dr. Kelley Gurley

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Do you wake up feeling tired and unmotivated? Do you find it difficult to get out of bed and start your day? If so, you're not alone. Millions of people around the world struggle with morning fatigue.

But there are things you can do to overcome this challenge and start your day feeling refreshed and energized. Here are a few simple steps to help you wake up today and rise above:

1. Get enough sleep

This may seem obvious, but it's important to get enough sleep if you want to wake up feeling refreshed. Most adults need around 7-8 hours of sleep per night. When you don't get enough sleep, your body doesn't have time to repair itself and you may wake up feeling tired and groggy.

To get a good night's sleep, try to go to bed and wake up at the same time each day, even on weekends. This will help to regulate your body's natural sleep-wake cycle. You should also create a relaxing bedtime routine that helps you to wind down before bed. Avoid caffeine and alcohol before bed, and make sure your bedroom is dark, quiet, and cool.

2. Eat a healthy breakfast

Eating a healthy breakfast is a great way to jumpstart your day and give you the energy you need to get things done. When you eat a healthy breakfast, you're giving your body the nutrients it needs to function properly. This can help you to improve your focus, concentration, and memory.

Some good choices for a healthy breakfast include oatmeal, yogurt, fruit, and whole-wheat toast. These foods are all packed with nutrients that will help you to feel full and satisfied all morning long.

3. Get some exercise

Exercise is another great way to wake up and feel energized. When you exercise, your body releases endorphins, which have mood-boosting effects. Exercise can also help to improve your circulation and increase your energy levels.

You don't have to do a lot of exercise to reap the benefits. Even a short walk or bike ride can make a big difference. If you're new to exercise, start slowly and gradually increase the amount of time you spend exercising.

4. Get some sunlight

Sunlight is a natural mood booster. When you get some sunlight in the morning, it can help to wake you up and make you feel more alert. Sunlight also helps to regulate your body's natural sleep-wake cycle.

Try to get some sunlight every morning, even if it's just for a few minutes. You can go for a walk, sit on your porch, or just open your curtains and let the light in.

5. Take a cold shower

A cold shower can be a great way to wake up and feel refreshed. When you take a cold shower, your body's temperature drops, which can help to increase your alertness and energy levels.

If you're not a fan of cold showers, you can try taking a warm shower and then finishing with a cold rinse. This can help to wake you up without being too shocking.

6. Listen to upbeat music

Listening to upbeat music can help to improve your mood and increase your energy levels. When you listen to music that you enjoy, your brain releases dopamine, which is a neurotransmitter that makes you feel happy and motivated.

Try listening to upbeat music in the morning as you're getting ready for the day. This can help to put you in a positive mood and give you the energy you need to get things done.

7. Meditate or do yoga

Meditation and yoga are both great ways to reduce stress and improve your overall well-being. When you meditate or do yoga, you can focus on your breath and clear your mind. This can help you to feel more relaxed and centered, which can make it easier to wake up and start your day.

There are many different types of meditation and yoga. Experiment with different types to find one that you enjoy and that works for you.

8. Set realistic goals for the day

When you set realistic goals for the day, you're more likely to feel motivated and accomplished. When you set goals that are too challenging, you may feel overwhelmed and give up. But when you set goals that are achievable, you're more likely to succeed and feel good about yourself.

When you're setting goals for the day, ask yourself if they are SMART goals. SMART goals are specific, measurable, achievable, relevant, and time-bound. This means that they are clear, you can track your progress, you can achieve them, they are relevant to your overall goals, and you have a deadline for achieving them.

9. Be kind to yourself

It's important to be kind to yourself, both physically and mentally. When you're kind to yourself, you're more likely to take care of yourself and make healthy choices. This can help you to feel better about yourself and improve your overall well-being.

There are many ways to be kind to yourself. Some examples include:

- Eating healthy foods

- Exercising regularly
- Getting enough sleep
- Spending time with loved ones
- ng things that you enjoy
- Forgiving yourself for your mistakes

When you're kind to yourself, you're more likely to feel good about yourself and your life. This



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