



Seva Mandal Education Society's
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)
Department of Psychology
Samvedana Counselling Cell

Greetings!

Today's Activity is on 'BLISSFUL MORNING'

Many people have been staying in quarantine with their families, friends or even alone. It's easy to fall into a disorganised routine or lose hope of ever being able to leave your house. Many of us are have a lot of responsibilities and obligations, and often feel strapped for time. Having a great morning routine can make all the difference in being productive, achieving goals, feeling organized, and doing all of this with motivation.

Creating a morning routine is not focused on who can accomplish the most or check off more boxes than everyone else, it is about allowing yourself to begin your day with confidence, peace, and a positive attitude.

So, here are five things you can do to get started on, to make your morning more meaningful.

An Initiative by Principal, Dr. Leena Raje



5 BLISSFUL MORNING IDEAS

PRAY

(GRATEFUL PRAYER FOR A NEW DAY AND APPRECIATION
FOR THE PRIVILEGES)

CREATE A POSITIVE STATE

(CLEAN YOUR BED, READ AN INSPIRATIONAL QUOTE)

PHYSICAL EXERCISE

(SURYA NAMASKAR, FUNCTIONAL EXERCISES, MEDITATION)

DO SOMETHING FOR YOURSELF

(MAKE YOURSELF TEA/COFFEE, WRITE A DAILY TO-DO LIST,
WATER THE PLANTS, LOOK OUTSIDE THE WINDOW AND
TAKE IN THE DAY)

LISTEN TO MUSIC

(REJUVENATE YOUR SOUL WITH YOUR FAVOURITE TUNES)

References:

Chang, R. (2020, March 26). Quarantine Routine: Some ways to spend days of social distancing. Retrieved from <https://www.dailytargum.com/article/2020/03/coronavirus-routine>

Clarke, J. (2020, March 17). Want to Be More Productive and Confident? Develop a Morning Routine. Retrieved from <https://www.verywellmind.com/morning-routine-4174576>