

Do you need help creating a morning or night routine that focuses on your whole person?

Having a healthy, holistic morning or night routine helps you feel more grounded, focused, and in control. In the morning, it boosts your energy, mood, and sets a positive tone for the day. At night, it helps you unwind, sleep better, and process the day mentally and emotionally. Taking time for your body, mind, and spirit—even just a few minutes—can make a big difference in how you feel overall.

A.M Schedule

1. **Wake Up Consistently:** Aim to wake up at the same time every day to regulate your circadian rhythm. Before you get out of bed, say 5 things you're grateful for.
2. **Hydrate:** Drink a glass of water to rehydrate your body after sleep and kickstart your metabolism.
3. **Sunlight Exposure:** Spend at least 10–15 minutes outside or near a window to get natural light. This helps regulate your sleep-wake cycle and boosts mood.
4. **Physical Activity:** Engage in at least 20–30 minutes of exercise. This can be a brisk walk, yoga, or a workout. Exercise releases endorphins and enhances cognitive function.
5. **Healthy Breakfast:** Eat a balanced breakfast that includes protein, healthy fats, and whole grains. This stabilizes blood sugar levels and improves focus.
6. **Mindfulness, Meditation and/or Prayer:** Spend 5–10 minutes practicing these to reduce stress and enhance clarity.
7. **Plan Your Day:** Take a few minutes to set priorities and outline tasks for the day, which helps improve focus and productivity.
8. **Limit Screen Time:** Avoid checking emails or social media first thing in the morning to maintain a calm mindset.

P.M Schedule

1. **Set a Consistent Bedtime:** Aim to go to bed at the same time every night to regulate your circadian rhythm.
2. **Dim the Lights:** About an hour before bed, reduce exposure to bright lights. This helps signal to your body that it's time to wind down.
3. **Limit Screen Time:** Avoid screens (phones, tablets, computers) at least 30–60 minutes before bed. The blue light emitted can disrupt melatonin production.
4. **Relaxation Techniques:** Engage in calming activities like reading, gentle stretching, or deep breathing exercises to reduce stress and promote relaxation.
5. **Create a Sleep-Inducing Environment:** Keep your bedroom cool, dark, and quiet. Consider using blackout curtains and white noise machines if needed.
6. **Limit Caffeine and Heavy Meals:** Avoid caffeine in the afternoon and heavy meals close to bedtime, as they can disrupt sleep.
7. **Practice Mindfulness, Meditation and/or Prayer:** Spend 5–10 minutes practicing mindfulness or meditation to surrender your thoughts to God and prepare for sleep.
8. **Journaling:** Write down thoughts or a to-do list to clear your mind and reduce anxiety before bed.
9. **Stay Consistent:** Stick to this routine, even on weekends, to reinforce your body's sleep schedule.