

HOW TO GET OUT OF BED IN THE MORNING – UGH!

Under the covers, the warmth is so comforting. The chill emanating from your bedroom windows creates a tingling, goose-bump raising sensation; stay in bed, your inner voice says. It is dark outside. It is very dark outside. Oh! It is time to get out of bed. Time for work, or you told yourself that today was the day to get out of bed early and start exercising - Ugh!

We have all been there; snuggled in the comfort of a warm bed and you either awake because you are programmed to, or that blasted alarm shrills into the silence of the morning. The question is, “how do I get out of bed and get my morning started? (Ugh, again!)”

Most of us, encounter this wake up ordeal following some deep REM activity and we are not too happy. Our waking brains begin to think of all the reasons why we do not want to leave the comfort zone. We pull the comforter closer. Then, we exasperate the rousing minutes by thinking about the trials ahead for the day; got to get the kids to school, that project is due today, have to get to the store, when am I going to work out and so on. We pull the comforter closer.

Stop!

All these comforter-clutching thoughts only keep us horizontal longer and move our feet miles away from touching the floor and starting the day. So, what can be done to get ourselves going in the morning?

The secret some of us have found is to replace these body-numbing thoughts with some engine-starting quips. I don't propose that you can open your eyes and immediately shout out to the world, “Here I come, watch out!” This is like being fed by a fire hose when thirsty; makes it really hard to swallow some water and satisfy our thirst. But if we repeatedly sip some fluids our bodies respond. Guess what? Our brains really do listen, they really do and this sipping metaphor will work. Feed your awakening consciousness with the right amounts and our bodies will respond.

You are lying there battling the hugs of comfort with the realities of the day ahead; comfortable yes? However, you need to get moving. Your eyelids slowly crack open. Your body shifts another time. Start to ponder yesterday's, or earlier in the week's activities. But make these positive ones. “That was a nice lunch”, “I am so proud of my son/daughter's report card”, “I am glad the car did not need more work.” Any of these are nice little tidbits to start the day with. These might even put a smile on your face.

Go slow now. Don't rush now. The next course for your brain is to take that delicious appetizer of brain food and start into some really meaty motivation. By stating challenges one responds with trepidation, but if one begins with positive affirmations about overcoming these challenges then the body will respond.

What do these affirmations look like?

Take a look at these responses to the earlier trying statements. “The kids are going to have a good day, they are going to...”, “My project is going to meet the deadline – great!”, “I will get to the store today to pick up...” and “I can’t wait for my spinning class at lunch, I am going to ...” All of these represent simple, positive affirmations to feed our mind, heart and soul.

Our bodies need time to digest the nutrients that food provides, so do our minds. You may not feel the immediate gratification of these positive thoughts, but as you progress through your morning rituals and the early part of the day you will find that your energy and focus are clearer and not encumbered by the weight of the negative “food” we usually feed it.

So, whisper on and take the first steps to a great day!