

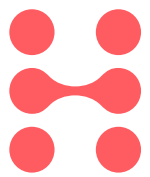


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When your head feels crowded, how you start your morning matters.

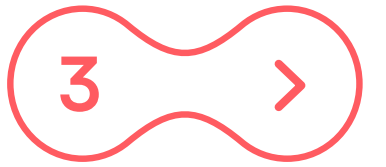
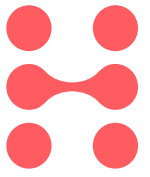
Small ways to set up yourself up, even when everything feels like too much.



You don't need a perfect morning routine.

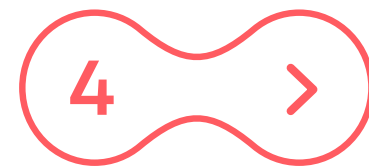
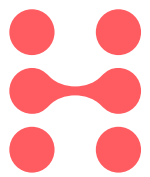
On the days when your mind is already busy before you're up, the goal isn't always productivity.





Pick one thing. Just one.

A glass of water. Five minutes outside.
Writing down what's taking up space in
your head. Small anchors can steady a
day that's already running away from you.



Something settles when you give the noise somewhere to go.

You don't have to fix everything at once.
Starting small, and being kind to yourself,
is often how the harder things get easier.





A little extra support goes a long way.

Contact **HealthHero** today for more support and advice.

We're with you every step of the way.