

BEST MORNING ROUTINE FOR BOOSTING MOTIVATION, PRODUCTIVITY AND HEALTH

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Abstract. *An optimized morning routine is a great way to start the day, helping us increase our motivation, productivity, and health. This article explores various practices to improve our morning habits, such as waking up early, sunlight exposure, exercise, cold showers, and a nutritious breakfast. By incorporating these activities, we can set a positive tone for the day and prepare ourselves for the challenges of the day. This paper is aimed for people who struggle with increased stress levels throughout the day and don't have enough time for sports or exercising, such as students and office workers. The article also highlights detrimental morning habits that should be avoided, such as rushing and skipping breakfast, which can negatively impact productivity and overall well-being. The practical and theoretical findings highlight the significance of an efficient morning routine and help the reader develop their own morning habits tailored for their specific needs.*

Keywords: *breakfast, cold shower, exercising, hydration, waking up early.*

Introduction

The way we start our daily activities lays the foundation for the day ahead. How we start our mornings can significantly impact our motivation, productivity, and overall well-being. The past decade has seen an increase in stress levels, which leads to people often neglecting an established morning routine or regarding it as an unnecessary waste of time, which cannot be further from the truth. Due to high stress levels that we ourselves experience as university students, we decided to use our first-hand experience in order to optimize our morning regiment, which eventually led to the creation of this article.

Morning's Impact on Motivation

Nowadays a lot of people struggle with having enough energy to get out of bed in the morning, often due to stress and not getting enough sleep. Increasing our motivation is a very important thing that we can do to help us get through the remaining day in high spirits. It can be achieved by engaging in activities that help us set our mind into the right mood and our body to prepare for the daily activities.

Many people have to deal with the feeling of stress and anxiety in the morning because of expecting a long and stressful day ahead. A cold shower is a great way to deal with this problem, as it helps our body switch to working mode and deliver enough oxygen to the brain, making us feel more refreshed [1].

Some physical exercise can also help improve our mood and energy levels. Some people struggle with having enough time for physical activities in their busy schedule, so moving the workout session to the first part of the day can be a great idea. Exercise also increases dopamine levels in the brain, which helps relieve stress and depression [2].

According to modern research, people who stay up at night and wake up late are prone to stress and increased risks of mental health problems [3]. Waking up early consistently helps prevent this issue, as well as give us a sense of accomplishment and setting the right mood for a successful day.

Increasing Productivity

The way our morning starts is a key component of a productive day, and having a morning routine that enhances our productivity is very advantageous. We can start by waking up early, giving us enough time to transition into the day without feeling rushed. For the people who usually get to school or work on-foot, some exercise can prove very useful, also helping our body prepare for the trip to school or work.

Many people decide to opt for taking a few moments in the morning for self-development activities. In many philosophical teachings, meditation and self-reflection are regarded as crucial elements of every morning that influence every aspect of our mind. Taking a few moments to clear the mind and set the worries aside helps get a better idea of what we need to accomplish today, as well as prepare for the upcoming work [4].

Planning our day the night before or in the early morning helps set our priorities right and prepare for the coming day. We can use your morning time to organize our tasks and create a roadmap for the day. Combining these elements helps us create a morning routine that lets us keep our spirits high and be prepared for our daily activities.

Here you can see how many people implement exercises and self-development routine in their morning activities according to Quora questionnaire (a question-and-answer web-site similar to Reddit).

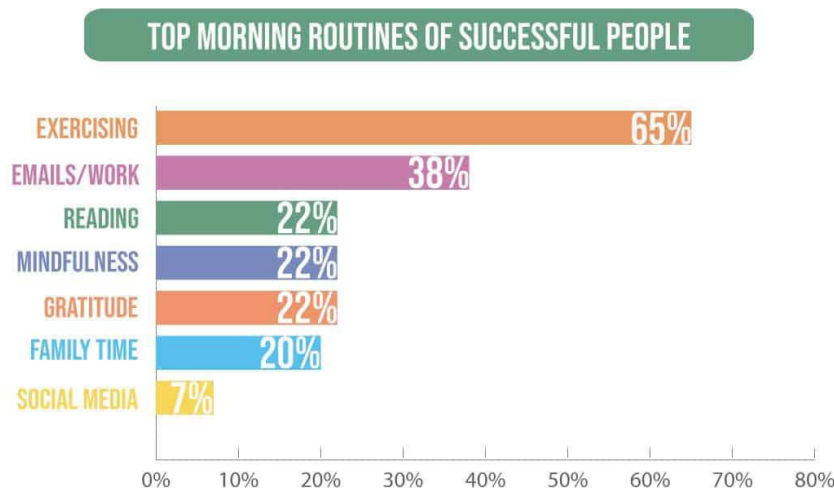


Figure 1. Top morning routines of successful people

Improving Health during the Morning

Health is a crucial aspect of our lives, which deserves a thoughtful discussion in our paper. Dr. Andrew Huberman, a Neurobiologist from Stanford, has provided studies in his labs and shared insights in his videos about various ways to preserve our health. There are many things that can boost our health in the morning, i.e. *cold showers can lead to a 2.5x increase in dopamine levels, resulting in increased mental clarity and alertness for several hours. Standing in a cold shower without drying off can induce shivering, which may have additional physiological benefits* (Placeholder1). Dr. Huberman has highlighted the benefits of such activities as ice baths, cold showers, and cold exposure, suggesting they could be significant additions to a perfect morning routine due to the great health benefits that they bring.

A healthy breakfast is another important part of Huberman's morning routine. He suggests consuming a meal that is rich in protein, healthy fats, and complex carbohydrates to help provide sustained energy throughout the day. Huberman suggests options such as eggs, avocado, and whole-grain toast [6].

According to the other study: *The lighting from the sun will trigger the mechanisms in our body at an early time of day. It also has a powerful stimulus for work during the day and positive*

impact for you to have a better sleep at night [7]. Implementing these tips, such as spending a few minutes outside in the morning makes waking up significantly easier, and provides energy for several hours. Sunlight exposure also impacts the health of our skin, influences how wrinkled our face is, and directly affects hormone production.

The morning routine includes hydrating with two glasses of water with lemon and salt [8]. Alternatively, drinking a glass of plain water can also kick-start various body processes, making it a popular choice for many people.

Habits to Avoid in the Morning

It is commonly known that there are a lot of activities that people do during the morning so many times that they become their daily morning routine. A lot of people don't understand that this can negatively impact their productivity or motivation. Some of these habits are either harmful to the body or can negatively affect our mental state.

Such things as rushing can lead to increased stress levels, which negatively affects our daily life and creates a sense of wasting time or forgetting something throughout the day. Additionally, it increases the probability of engaging in tasks that are either not important or even unnecessary to do, leading to wasting more time.

People who skip breakfast put unnecessary pressure on their body, which reduces our energy levels and weakens the immune system, increasing the risks of contracting diseases (htt8). A nutritious breakfast is a vital part of the morning that should never be neglected in order to preserve our health and give the body enough energy to get ready for the upcoming day.

A common mistake that many people make is spending time in bed while using a phone. This causes us to procrastinate everything that we need to do in the morning, leading to time management issues in the first few hours of the morning.

List of Habits to Avoid in the Morning:

- 1) Starting your day in a rush (can lead to increased stress and wasting time)
- 2) Skipping breakfast (detrimental for health and concentration)
- 3) Using your phone immediately (leads to wasting time)
- 4) Spending time in bed (also leads to wasting time)

Best Morning Routine Activities

Below is a list of generalized recommendations to optimize morning habits:

- 1) Wake up early (between 6AM to 8AM)
- 2) Hydration (drink at least one glass of water)
- 3) Exercise (engage in 15 to 45 minutes of physical activity or a full workout session)
- 4) Cold shower (a healthy way to help the body switch into working mode)
- 5) Plan your day (avoid rushing and time management issues throughout the day)
- 6) Self-care and self-development (prepare for the upcoming day)
- 7) Healthy breakfast (a nutritious start for the body)
- 8) Sunlight exposure (necessary for hormone production)

Conclusions

In conclusion, establishing a solid morning routine significantly impacts motivation, productivity, and overall health. By incorporating useful habits such as waking up early, hydrating, exercising, taking a cold shower, and consuming a healthy breakfast, we can efficiently prepare for the daily activities and set a positive tone for the day ahead. These practices not only positively affect physical and mental well-being but also help us overcome the challenges of our daily life more easily. Avoiding the unnecessary habits such as skipping breakfast, immediate phone usage, and prolonged time spent in bed can prevent unnecessary stress and time wastage, which is essential for getting a good start to the day. By creating a morning routine tailored to individual

preferences and lifestyle, we can improve our motivation and productivity, helping us better focus on achieving our goals. Consistency and dedication to the morning regimen leads to long-term benefits in personal and professional spheres, contributing to a fulfilling and balanced lifestyle.

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