



5-MINUTE ROUTINE FOR BUSY WOMEN



SIMPLE STEPS TO TAKE CARE OF YOURSELF,
WITH GREAT BENEFITS FOR YOUR MIND AND BODY.

1 MORNING GRATITUDE (1 MINUTE)

REFLECT ON SOMETHING POSITIVE.



What to do: As soon as you wake up, sit on your bed or stay lying down with your eyes closed. Think of one thing you're grateful for: it can be as simple as a pleasant moment from the day before, an accomplished goal, or the love of your family.

Benefits: Boosts mental calmness and reduces stress, preparing your mind to face the day with positive energy.

2 BREATHING PAUSE (1 MINUTE)

BREATHE DEEPLY.

What to do: Find a quiet spot. Inhale slowly through your nose for 4 seconds, hold your breath for 4 seconds, then exhale through your mouth for 6 seconds. Repeat this cycle for 1 minute.

Benefits: Calms the nervous system, reduces anxiety, and improves focus, giving your body a refreshing pause.

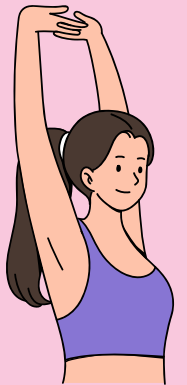


3 STRETCH IT OUT (2 MINUTES)

A LITTLE MOVEMENT FOR YOUR BODY.

What to do:

Start by raising your arms above your head, stretching upward as if reaching for the ceiling. Then slowly bend forward to stretch your back and leg muscles. Finish by rolling your shoulders forward and backward.



Benefits: Improves circulation, relieves muscle tension, and increases flexibility, helping your body feel more relaxed and free.

4 HYDRATION BOOST (30 SECONDS)

DRINK A GLASS OF WATER.

What to do: As soon as you start your day, drink a glass of water slowly, feeling the refreshing effect. Preferably, drink water at room temperature, as it's gentler on your body. Add a slice of lemon for a touch of flavor if you like.

Benefits: Enhances mental clarity and supports bodily functions like metabolism and overall energy.



5 SET YOUR INTENTION (30 SECONDS)

CHOOSE A GOAL FOR THE DAY.

What to do: Grab a notebook (or just use your mind) and set a specific intention for the day. It could be something practical, like finishing an important task, or something personal, like taking 10 minutes for yourself.

Benefits: Helps you stay focused and motivated, reduces stress from disorganization, and boosts productivity.

