

Morning Routines

Name & Surname


Pre-Class Study

Read the article before class:

"Morning Routines That Improve Your Physical and Mental Health"

Morning Routines That Improve Your Physical and Mental Health

Every morning is a fresh canvas. The way we begin our day not only influences our productivity but also shapes...

 https://www.sciencenewstoday.org/morning-routines-that-improve-your-physical-and-mental-health?utm_source=chatgpt.com



Task 1

Which part of a morning routine is the most important for mental health and why?
Answer and explain.



Task 2

Answer these questions shortly.

How does morning light affect our internal clock and hormones?

Why is hydration important right after

waking up?	
What effect does journaling or meditation have?	
How does setting intentions contribute to wellbeing?	
Why is consistency beneficial?	

Task 3

Fill the gaps with the following words.

1. neural pathways
2. cortisol
3. suprachiasmatic nucleus
4. dehydrates
5. decision fatigue
6. parasympathetic
7. melatonin

Exposure to morning light stimulates specialized retinal cells that communicate with the brain's _____. This suppresses _____ and strengthens the rhythm of _____ release. After sleeping, the body is mildly _____, so drinking water helps digestion. Mindfulness practices activate the _____ nervous system. Repeated habits strengthen _____, preventing _____.

Task 4

Match habits with their effects.

1. Balanced breakfast	a) Supports energy
2. Morning sunlight	b) Regulates hormones
3. Mindfulness	c) Reduces stress
4. Consistency	d) Strengthens habits

Task 5

Choose the right word to complete sentences.

According to the article, having a balanced breakfast with **protein / sugar / only carbs** helps stabilize blood sugar levels.

Mindfulness exercises in the morning help to activate the **sympathetic / parasympathetic** nervous system.

Small, repeated morning habits become easier because they strengthen **neural pathways / muscle mass / willpower**.

Task 6

Choose the right answer.

Which of the following is not mentioned in the article as a benefit of consistent morning routines?

- ☐ Improved mood
- ☐ Better sleep at night
- ☐ Faster weight loss
- ☐ Reduced decision fatigue

Task 7

Choose the right answers. There are more than one.

Choose all the benefits of morning light exposure mentioned in the article:

- ☐ Synchronizes rhythms
- ☐ Increases melatonin
- ☐ Improves mood
- ☐ Strengthens immune system