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The most important step to remember is to moisturize every time you get out of a shower or bath. Yes, every time. It's kind of tiring, but it's also not something you want to miss. Find your favorite lotion, body oil, or body oil and keep it in the bathroom within reach of your hands. We particularly like these products: When you have skin dried, it is important to seal moisture from the shower, and the faster you do it after a shower, the better your skin will look and feel. Also, if your moisturizer of choice is body oil, it is actually best to apply it to moist skin. Just make sure you are careful, as the spilled oil will make your bath or floor very slippery. And don't fall into the easy trap of being lazy and wait more than 10 minutes after you get out of the shower or bath to moisturize your skin. The sooner you get that moisturizer product, the better. Are you just like me? Are you having a stressful week? Prepping for a big meeting with the boss, paying an unexpected (and big) home maintenance bill plus worrying about my daughter's new school schedule together made me tense and grumpy. To get rid of my mood, I sought out some of the stress-busting tips that we've collected from experts in the last couple of years in health care. Here are my three favorites and I will be incorporating them into my life right away. Maybe you want to do the same? Rolling out of bed 15 to 20 minutes before your usual time, you can head out the door feeling more refreshed, and less frazzled. Take the morning time to center yourself, says San Francisco psychologist Leslie Carr, PsyD. A lot of people shoot their days like a rocket ship and it never gets better from there. RELATED: Relax Your morning routine cleaning of your home can also tidy up your mind. Having a mindset of de-cluttering helps manage stress, says Lauren Napolitano, a PsyD psychologist at Bryn Maur Hospital in Pennsylvania. Cleaning unused items gives you a sense of order in your physical environment that will help you feel calmer about your stressors. RELATED: 7 Steps to Organizing a Disorder Change the Course of Your Stressful Thoughts with a Form of Cognitive Behavioral Therapy, suggests marriage and family therapist Alice Ruby Bash, who practices in Beverly Hills, California When you notice the tension in your body, the picture is a big red stop sign, she suggests. Immediately switch your thinking to start mentally focusing on everything you are grateful for. Look around you to include anything you find beautiful or enjoyable in your present moment. When waking up is hard to do, consider the following strategies. The share on PinterestWe were all those mornings when we just couldn't shake the feeling of lethargy, even if we technically got enough sleep. In an attempt to corre tired days, many of us load up on the cup after Coffee. But excessive caffeine can leave us nervous and anxious (not to mention constantly running into the bathroom). Perhaps there is a better way to banish morning fatigue and get on with your day with the energy you need. This favorite button on top of your alarm clock may not be so useful after all. Spending the last half hour or so of a night's rest in what researchers call fragmented sleep has implications for your ability to function throughout the day. Pro-tip: Try a 90-minute sleep cycle hack by setting two alarms - one for 90 minutes before you want to wake up and one when you really want to wake up. The theory is that the 90 minutes of sleep you get between replays will be a full sleep cycle, allowing you to wake up after your REM condition rather than during. The share on PinterestFatigue is a classic symptom of dehydration, and even a mild case can cause feelings of drowsiness, cognitive changes and mood disorders. Let a glass of water refresh your entire body before moving. Pro-tip: If you find that you still can't shake the morning lethargy, try upping your intake of water and other uncaffeinated beverages throughout the day. Cold downpours are reported to reduce sick day absences from work. If you don't want to take a full shower, a splash of cold water in your face to signal temperature changes in your body can also do the trick. Is getting out of bed the main problem? Hold a bottle of spray or water mist at the bedside table so you can bend over and mist yourself without even opening your eyes! Pro-tip: One cult-favorite product is the Saborino Morning Face Mask from Japan, which has essential oils to activate your senses. After a minute, this mask cleanses, invigorates and moisturizes the skin. Note: People with sensitive skin may want to avoid this product. Jurors are still on whether breakfast is the most important meal of the day. But studies say that skipping this first meal can negatively affect your energy and ability to pay attention throughout the day. Food is fuel. Give your body some calories to put it into action early in the day. But if you work in the morning, be sure to eat after, not sooner. This will (a) burn more calories, (b) increase your metabolism, and (c) help you avoid unsettled stomach. Pro tip: Build a tired-fighting breakfast instead. Since what you eat at breakfast can affect how you feel for hours, making the right choice is crucial for your morning. Achieve a combination of tired foods such as lean proteins, whole grains, nuts and low-sugar fruits. All breakfasts are not created equal, so let down your choice of morning meal. Sugar items, such as sweetened coffee drinks, pastries and breakfast cereals, can lead to a classic spike in blood sugar that leaves you feeling drained. Pro-tip: Pay attention to food labels to see see Plenty of sugar you get for breakfast - and cut where possible. Keep whole foods such as apples, carrots and oranges on hand for easy access. That's right, we said less coffee - but no! Although coffee has many health benefits, chugging a lot in the morning can indirectly contribute to increased fatigue later in the day. Participants in one study reported feeling more tired the day after they consumed caffeinated beverages. Experimenting with reduced amounts of caffeine in the morning can actually make you less tired. Pro-tip: Avoid big mugs. Buy a smaller cup if you need to reduce the amount you drink. Sunlight bumps into serotonin levels in the body, leading to better sleep - and therefore an increase in daily energy. And according to a series of studies at the University of Rochester, spending time in nature makes people feel more alive. Sounds like a very good reason to cut out part of your morning outdoors. Pro-tip: If going outside is a chore early in the morning, adjust the curtain so that sunlight seeps in when you prepare to wake up. Of course, when you want to crawl back into bed, exercise can seem rather unattractive - but that may be exactly what your body should get help booting up. Studies consistently correlate aerobic exercise with reduced fatigue. See if you can squeeze in a quick walk or bike ride, or try more workouts for even greater benefit. Pro-tip: When you click on time, get your body with a few rounds of high knees and jumping jacks. Even 30 seconds of torso twists can do the trick, or plan a short cardio commute on the way to work. Is it possible that negative feelings about your work or stressors at home deplete you in the morning oomph? You may not be able to correct certain situations overnight, but once you have identified them as a source of mental and physical exhaustion, you can often take some steps to alleviate them. Pro-tip: Optimize harried mornings at home by making school lunches the night before, or visiting time for morning meditations and create calm before the start of your day. Sometimes all we need to boost energy is a bit of excitement on the horizon. To beat morning fatigue, think about planning a phone call with a friend during a trip, penciling in for an open air walk in the middle of the morning break, or pre-making an attractive breakfast that takes you out of bed. Pro-tip: Let a different schedule determine yours. Make an earlier morning podcast or radio show part of your wake-up routine. If morning fatigue becomes chronic it can be caused by depression or anxiety. People with depression may feel worse in the morning or only feel depressed in the morning. The only way to find out, however, is to track your mood or see a professional. Pro-tip: Dig a little deeper. Asking some key questions about your mental health can reveal reveal a state that requires professional attention. If your bedtime habits can have such a profound effect on your vacation, so too can your wakefulness routine. You've probably heard about sleep hygiene - a handful of best practices that will help you fall asleep at night. These include: turning off the screens an hour before bed time at the same time every night, making up a comfortable sleeping environment At the same time every morning helps maintain a circadian rhythm, an internal biological clock that is responsible for feeling drowsy. Make an effort to climb at the same time each day - even on weekends - to see if you can banish the mid-morning slump. Sarah Garone, NDTR, is a nutritionist, freelance health writer, and nutrition blogger. She lives with her husband and three children in Mesa, Arizona. Find her sharing down-to-earth health and nutrition information and (mostly) healthy recipes for Love Letter to Food. Can't sleep? You might as well pick up your phone and scroll through Instagram for a while, then maybe Facebook, and that it was a blog with the funny pictures you used to look at back in the day it still exists? yes there's like five years of updates here, let's scroll through that for a while, another page of posts, and... It's morning. If it's you, there's a solution: stop bringing your phone to bed. Your tablet, too. Glowing screens in the bedroom destroy your sleep, and the only solution is to stop using them. I know it sounds extreme: you love your phone. You will probably touch it more often than your children or significant others, and its various notices make you feel less alone. But you know that you need to sleep better, and leaving your gadgets to charge elsewhere will help you do that. That's why. White light throws your rhythm to your brain designed to respond to sunlight. Millions of years of adaptation means you are chemically wired to wake up when the sun rises and sleep when it comes back down. Artificial light destroys your sleep, disrupting this natural rhythm. Your phone is a giant white light that you are looking directly into. Doing this in bed, right before you try to fall asleep, chemically adjusts your brain to failure. There are a few things you can do about it. Studies show that filtering blue light can help, according to The Atlantic: In 2013, scientists at renssseler Polytechnic Institute asked 13 people to use electronic pills for two hours before bedtime. They found that those who used the tablet while wearing orange glasses, which filter blue light, had higher levels of melatonin than those who either used pills without glasses or, as a control, with blue light glasses on. These chemical changes in your Real. Buying orange glasses is not necessary, either: Night shift on your iPhone or night mode on Android Android Move the entire screen away from the blue parts of the spectrum and it can help you with sleep. But you know what's easier? Don't bring any glowing screens to sleep with you. You won't have any lighting complications to tinker with your brain chemistry and this will help offset other problems with phones in bed. Your mind is all over the place you lie in bed when you start to wonder about something. In ancient times (like 2001 or something), you would wonder about that thing until your mind wandered enough for you to fall asleep. Otherwise, you will actually have to stand up to find the answer to your question. Now you just pick up your phone and see everything you're interested in, then maybe click a few related Wikipedia links and then scroll through Twitter a bit until about no, it's 2am. Responding to notifications, switching between apps by clicking links... it's all a series of contextual switches. It keeps your brain engaged, which keeps you from sleeping. The internet is too fascinating, too infinitely compelling, for sleep to ever seem attractive, and fatigue makes it even harder to resist that siren call. Don't be tempted. Leave your phone outside the room. But I read books on my phone! Reading a book before bed is a great way to fit into some reading every day and it can really help you fall asleep. But reading books on a glowing device is not a good idea. I understand the appeal of reading books on your phone. E-books are great. You can tag them, quickly search for words in the dictionary, and sync notes to your computer for future links. How thrilling. But none of these amenities is worth sacrificing sleep. There's a glowing light issue, and there's a constant temptation to move from your book to another app. It is best to avoid this altogether. Instead of dozing it off and reading physical books like a kind of Luddite, consider buying electronic ink devices as a Kindle for Reading instead. E-ink screens look just like paper for your eyes, and while some are backlit, the light is usually gentle, and doesn't shine directly on your eyeballs. Even better: Electronic ink devices don't usually offer access to social media apps, and their web browsers are so clunky you'll rarely be tempted to browse the web. These devices won't leave you with many temptations beyond actually reading, which is why they are so useful. RELATED: The best way to save money on technology: Buy Used Best, they've got a pretty inexpensive-the cheapest Kindle is \$60, and you can probably get it for a share of that with a few clicks on Craigslist and a bit of negotiation. (Just don't confuse it with Kindle Fire, which is normal with apps and screen lighting.) But my phone is my alarm clock! I know what you think: no phone phone Never wake up in time because you use your phone as an alarm clock. And I have a simple answer for you: buy an alarm clock. Of course they're old-fashioned. But they dirt cheap, they work consistently, and most importantly, they don't give you access to an endless stream of irrelevant information to look at instead of falling asleep like a functioning person. Plus there's radio, which means it's an excuse to re-open FM radio-I bet there are some amazing stations near you that you don't know. Stop taking your phone to sleep with you. Connect it to the charger in your kitchen, or living room, and then walk away. It's going to be fine. 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