

COSMIC SUN

Morning Routine Guide

Gentle morning options for high-pain, low-energy, and more stable days.

Routine builder

Gentle support for pacing, reflection, recovery, and self-trust.

Gentle Starts

Mornings with fibromyalgia can be unpredictable. This guide offers several low-pressure routine options so you can begin the day without forcing your body into a pace it cannot hold.

- Start before standing up.
- Use warmth and hydration as first supports.
- Choose the smallest useful next step.
- Let the routine change with your symptoms.

Five-Minute Morning

Minute	Practice
1	Notice breath and body without judgment
2	Sip water or warm tea
3	Warmth, medication, or comfort tool
4	One gentle mobility movement
5	Choose the next smallest step

Routine Builder

My easiest first step

My supportive environment cue

My low-energy breakfast option

My backup plan for hard mornings

Morning Reflection

What does my body need before I ask it to perform today?

What can wait until later?

Morning Routine Builder - Page 1

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 2

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 3

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 4

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 5

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 6

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 7

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 8

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 9

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Routine Builder - Page 10

Choose a version that matches the body you woke up with today.

Before getting up

First comfort step

Food / water / medication notes

Smallest useful next step

Morning Pattern Notes - Page 1

Track patterns without judging yourself.

What made mornings easier

What made mornings harder

One adjustment to test

Morning Pattern Notes - Page 2

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Morning Pattern Notes - Page 3

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Book a Coaching Session

You do not need to have everything organized before reaching out. A discovery call is a quiet place to name what is hard, what you want support with, and whether coaching feels like a good next step.

- One-on-one fibromyalgia coaching
- Support with pacing, routines, flare planning, and self-advocacy
- Gentle accountability that respects your energy limits

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Medical Disclaimer

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