

Rise and Shine

Make the most of your morning commute and start your day with a smile. Our experts give their tips on uplifting your style, body and mind in association with Starbucks® Chilled Classics

How do your days begin? Do you start by pleading with the alarm for another five minutes, then stand drooping beneath the shower dreaming of faraway places? Then it sounds like your start to the day could do with a lift.

We've teamed up with Starbucks Chilled Classics to help you add some shine to your AM. With the help of wellbeing author Jo Usmar, fashionbite.co.uk editor Emily Seares and fitness trainer Shara Tochia, you too could be one of those folk who bound happily into the office.

JO USMAR
Wellbeing expert
Jo is a journalist and co-author of the best-selling *This Book Will Make You... series*.

"The morning commute is a breeding ground for stress: it's monotonous, you're at the start of a possibly aggravating work day and, most importantly, you have no control. You can't do anything about traffic or public transport issues or the sweaty guy standing way too close. This lack of control can make you feel anxious, which can kick-start the fight or flight response (heart rate quickens, respiratory rate rises, you start sweating and feeling hyper-alert). When your body's in this state you're more likely to lash out. But there are things you can do both before you leave the house and during your commute to feel calmer, more positive and more energised about the day ahead.

Firstly, don't ever press snooze on your alarm. You never snooze,

you just lie there either stressing about the day ahead or counting down the minutes you have left until you're going to be late. However, your mood will lift naturally if you get up right away because you're taking control. Once you're up, open the curtains. Your body clock functions on light and dark. Natural light decreases the melatonin in your system so you'll feel more awake. Then make your bed. It's an easy win, giving a sense of achievement first thing.

Make sure you give yourself enough time. Rushing stresses the body out and can instigate fight or flight, leaving you flustered and anxious. If you're always late, reset your morning timings – it obviously doesn't take 14 minutes to get to the train station if you always end up running for the train. Then, once you've left the house, practise mindfulness. Mindfulness is learning to live in the present moment, taking notice of what's happening around you and in your own head, enabling you to better cope with stress and enjoy life more. Simply engage all your senses: what can you see, hear, feel, taste or smell? If the train stops for no reason while you're crushed under someone's armpit and you feel like you might explode with rage, practise this deep breathing exercise: inhale through your nose for a count of five, then exhale through your mouth for five. Do this until your heart rate slows.

Finally, make your commute a work-free zone. Sure you can blitz all your emails on the bus, but that means you could be adding hours onto your work day – unpaid hours that can make you feel stressed and resentful. By reading, playing a game or listening to music, you'll feel like you're owning the time."



SHARA TOCHIA

Body expert

Shara is a fitness trainer at 1 Rebel and co-founder of health and hedonism concept DOSE (doseapp.co.uk).

"Morning exercise kick-starts your metabolism and means that you're more likely to regulate your appetite. It's a time you can look forward to – clear your head and take care of your body without distractions. And no-one puts a 6am meeting in your diary, so it's a guaranteed time you can stick to.

You could try yoga, HIIT (high energy intensive interval training), Pilates, running or an online workout. A simple stretch in the living room or a quick 10-minute cardio blast is a good way to begin: try the NTC app for workout ideas.

Your morning commute is usually dead time, so if you resent the time you spend sitting on a bus or train then use it as a chance to exercise. Strava is a great app for cycling and Map My Run is great for runners. Plan your route for a smooth journey. If you run, great kit is essential – get a good backpack that doesn't chafe for your work clothes. And no one wants leggings that fall down on the way.

If your journey is too long to cycle, get off the bus or train a stop early each day? You could also walk up the escalator instead of standing, and take the stairs at work instead of the lift.

Exercising first thing is often easier than in the evening, when you might be tired after work. It gets the endorphins pumping to put you in a good mood. Just be aware that your colleagues may now find you annoyingly happy!"



Blazer, £600, Acne (harveynichols.com); T-shirt, £54, Maison Kitsuné (maisonkitsune.fr); shorts, £240, Carven (harveynichols.com); sunglasses, £152, Ray-Ban (rayban.com); backpack, £850, Christopher Kane (liberty.com); water bottle, £42, S'well (Amara.com); headphones, £99, Urbanears Active (urbanears.com)



EMILY SEARES

Style expert

Emily is a style journalist, editor of fashionbite.com and the co-founder of digital consultancy We-Elevate

"Choose your outfit the night before so you're not in a rush in the morning. Ditch the old trainers and instantly lift your mood with a brightly coloured ballet pump or on-trend pointy flat in this season's new stripes or cool metallics.

Rainbow colours were all over the catwalks, in sweet and sour clashing colours, so pick a palette that suits you and go for a medium weight, unlined jacket which can roll up under your arm or easily add an extra layer if the weather turns.

PENDLETON SOMERBY HYBRID BIKE £249.99 FROM HALFORDS

The classic trench also gets a seasonal uplift with a burst of colour; a lightweight, silk trench is a great option for summer.

Still a big trend this season, thanks to Burberry's monochromed version, a rucksack is perfect for the commute and doubles up as a stylish gym bag too. Or pick a bag with lots of compartments so nothing gets lost. Being prepared is guaranteed to lift your spirits whatever comes your way – sunglasses, a handheld fan and an umbrella should all be handbag essentials in the summer months.

If you're in a last-minute rush and need to do your hair on the train, a loose fitting, low bun can be done quickly and without a mirror. Just add a dab of serum to your

fingers to smooth down any flyaway strands. Super smooth ponytails are a big hair trend for summer; this style can also be done within minutes and is perfect for a hot day. Secure hair with two hairbands to keep firmly in place and smooth down with hair spray for an ultra-sleek, frizz-free look.

To keep make-up in place, use a good setting spray. Combined products, like a serum foundation, are perfect if you're in a rush too."

For more information and to find out how you can win a £500 Amazon voucher to help you lift your day, visit stylist.co.uk/starbucks

STARBUCKS® CHILLED CLASSICS

First, get coffee

Give yourself an easy win first thing in the morning with one of Starbucks Chilled Classics

If you're in a rush in the morning – just grab a Starbucks Chilled Classic from your fridge. Starbucks Caffè Americano with milk is the brand new addition to the range – a cool and uplifting blend of milk and Starbucks 100% certified Arabica coffee. It's a delicious twist on a favourite that you can enjoy anytime, anywhere. Other delicious, uplifting drinks available in the Starbucks Chilled Classics range are Caffè Latte, Caramel Macchiato and Cappuccino. Find them in the chillers at your local supermarket, convenience, pharmacy or high street store.

