

TIPS FOR CREATING A NEW ROUTINE

Recently, our daily routines have drastically changed, making it difficult to find normalcy. Creating some level of routine can add structure to our lives and help us feel more in control. Check out these tips for creating a daily routine, even if its at home!

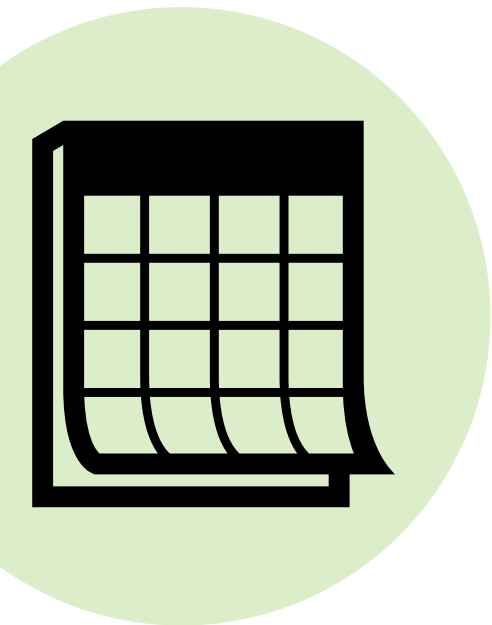


DO WHAT YOU DID BEFORE

While it may be tempting to sleep in and lounge on the couch all day, the easiest way to jump-start a routine is to work with what you're already used to. Try to wake up at the same time each day, eat at a normal time, and exercise when you usually do.

SET ALARMS

If you notice you are struggling to find motivation to keep a routine, try writing down a schedule and setting alarms to move to the next task. This can help alert the brain that it is time to switch to a new task.



MAKE A WEEKLY SCHEDULE

Try to set a daily schedule through the week. Pick certain days to workout, cook dinner, and call friends and family. Making each day different, yet consistent helps to combat boredom and improve productivity.

PRACTICE SELF-COMPASSION

For most, this time at home has been met with a variety of emotions. You might find yourself feeling productive and motivated one minute, and sad the next. Try to acknowledge and experience these emotions without judgement. Remember this is new for all of us and we are all human!

