

## A Routine to Thrive (while social distancing)

### ***Set an alarm, get dressed***

Even during a time of social distancing and staying at home together, **treating each day like you're headed to work or school** helps keep you on track with your routine. Get up at the same time every day, (and go to bed at the same time every night to regulate sleep); shower (if this is part of your morning); and get dressed. It's a mindset shift that sets the tone for a positive routine-based day.

### ***Ongoing structure: schedule your 'regulars'***

**What activities occur every day?** Meals are a great start. In your day planner (or phone or laptop!) schedule in when these will take place. Now schedule a few short breaks and some time to get outdoors. **Your day-to-day 'regulars' immediately add some structure to your days** around which you can schedule your work periods.

### ***Daily structure: Name your top priorities***

Ask yourself, What are your top **2 - 3 priorities for your day?** What are the tasks required to accomplish each goal? But be realistic: keeping your priorities focused makes them achievable and allows to feel focused without getting overwhelmed. **Being productive does not mean accomplishing an endless to-do list: it's establishing a routine that encourages balance and well-being.**

### ***Set boundaries with your space***

Studying, working and living in the space is hard. If you find that you're spending the majority of your time in your bedroom, **designate spaces to help foster clear moments in your routine.** For example, have a movement corner, don't do school work on your bed, and make sure you leave the space a few times a day.



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### ***Holistic self-care: Leave time for movement and outdoors***

**An effective routine is one that appeals to our brain's need for variety.** Moving to a different area of your home (or bedroom if that's where you're also working) to a designated spot to stretch, do push-ups, or try some barre is a **great way to get your heart rate up and generate endorphins, which help us feel motivated.** Changing your scenery with a walk around the block connects you to the world outside your home. **Nature, in all its forms, is grounding, not to mention a mood booster and stress buster.**

### ***Make time to connect***

We are social beings, so this time of social distancing can be especially challenging. An absence of social connection has a negative effect on our emotional and physical well-being, including our immune systems. A holistic routine is one that makes time, every day, to connect with people in our lives. **If you live with roommates or family, try reaching out to humans outside of your home. If you live on your own, schedule a video chat with a loved one.**

***Be kind to yourself. Establishing a routine during unprecedented change is a process.***

***We're all in this together.***

***You'll get there.***