TIPS FOR CREATING NEW ROUTINES

We know that your regular routine might look a little different in the coming weeks. As you restructure your schedule, it’s important to consider making time for the following activities to help you stay healthy. Google Calendar can be a great tool for this; learn more about how to create multiple calendars for work, school and play here.

● SLEEP
  • Set consistent daily sleep and wake times, aim for 7-9 hours per day
  • Pause technology or access to the news for the first 15 minutes of your day and at least 30 minutes before bed

● EAT
  • Eat at least 3 meals a day, and drink water throughout the day
  • Purchase frozen and canned produce — it is just as nutritious and will allow you to shop less frequently
  • Shop no more than once/week and make a grocery list before shopping

● TASKS OF DAILY LIVING
  • Get dressed each day and take your regular medications correctly
  • Shower per your typical routine
  • Clean and tidy your living space
  • Do laundry as needed
  • Get fresh air every day: go outside or open a window

● ACADEMICS & WORK
  • Determine your work space and gather all of your supplies
  • Set aside consistent times to accomplish your classwork
  • Communicate these times to your housemates so they know not to disturb you (ie, headphones in, closed door, specific mug on the desk = do not disturb)
  • Build a routine for transitioning in and out of work times
  • Use a different screen on your computer for work than hobbies, news, and social connection
  • Unpack/repack your supplies into your backpack
  • Break up studying to refocus and stay productive
  • Set a timer for 25 minutes to work, break for 5; repeat 4 times then take a longer break
  • Advocate for your needs with your faculty or instructors; they want to help you succeed during this period of uncertainty
**PLAY**

- Move your body:
  - Take a walk or bike ride
  - Dance while you cook
  - YouTube yoga or exercise
- Give yourself permission to take a break
  - Make art
  - Read a book that isn’t for class
  - Listen to a podcast
  - Practice mindfulness
  - Maintain your hobby as possible

**CONNECT WITH YOUR COMMUNITY**

- Schedule daily time to connect with loved ones
- If you are back home, stay in touch with your campus community
- If you are on campus, stay in touch with your family and friends back home
- Set up a virtual coffee date, a zoom lunch, a remote Netflix watch party with the friends and family who bring you joy
- Reach out to those to whom you bring joy: send a text or a funny picture to let them know you’re thinking of them

**MEANING-MAKING**

- Continue to engage in activities that provide you a sense of purpose (religion, spirituality, reflection, goal-setting, helping others, etc.)
- Set intentions each day or week, and make sure that your schedule aligns with your intentions
- Check in with yourself each day:
  - What went well that I want to repeat?
  - What did I learn about myself?
  - What am I grateful for?

**NOT SURE HOW TO GET STARTED?**

There’s no need to commit to everything all at once! Think about which recommendations would be the most useful for you and ask yourself these questions to jumpstart your new routine.

- How much sleep do you need to feel good?
- How much time do you need to dedicate to academics/work to achieve your goals?
- What will you do to stay connected to your community?
  - What will you do each day for fun?

**WE’RE HERE FOR YOU**

If you are struggling or would like additional support, please reach out. Boynton’s mental health providers are here to help you. Just call 612-624-1444 to connect.