



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.

