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.