

# A Guide to Creating a Routine

Due to COVID-19, commutes, work schedules, academics, and religious practices have been impacted unexpectedly. These changes in routines can be stressful during this pandemic, however, creating a new routine can help create structure while in the house.

## Build A Routine Around Exercise

- Assign a time for exercise
- Go for a walk/run while practicing social distancing
- Yoga
- YouTube workouts

## Build A Routine Around Cooking

- Assign times of day to prepare and eat meals
- Establish breaks throughout the day from work or school
- Maintain a sense of regularity

## Build A Routine Around Connection

- Dedicate specific times to connect with family and friends
- Reduces feelings of loneliness
- Increases interpersonal interactions
- Builds habit around connecting with others
- Includes virtual interactions, telephone, and with families quarantined in the same homes

## Build A Routine Around Faith

- Read religious texts
- Watch online worship services
- Participate in virtual practices
- Pray/meditate

## Build A Routine Around Work

- Dedicate specific times of the day for work
  - Create a time frame to complete work
  - Establish start and finish times for work
- Create a designated area for work
  - Assign an area for work separate from leisure activities
  - Create a workspace outside of the bedroom

## Build A Routine Around Self-Care

- Reading
- Writing in a journal
- Deep breathing
- Time with pets
- Time with family