

How to keep your routine during COVID-19

It can be difficult to adjust when you are asked to stay at home and your whole routine vanishes. It might make it harder for you to go through your day and complete everyday tasks that you did not struggle with before. This is completely understandable, many of us are struggling with this right now.



Sleep

- Try and keep the time you wake up and the time you go to asleep the same each day, with an optimal time for energy levels being 7-8 hours, depending on the individual.
- If you are struggling to fall asleep at night, you might want to have a look at your sleeping habits. These are the habits we have around bedtime which may impact our sleep. Some tips on how you might want to improve your sleeping habits:
 - o Avoid stimulants before bed, like working or using computer devices
 - o Try a warm, de-caffeinated drink before bed such as chamomile tea
 - o Read a book before bed or do an activity that calms you and relaxes your mind like writing a journal
 - o Try and only go to bed when you are feeling sleepy
 - o If you are working from home during this time, try not to work in your bedroom if possible so that you do not associate your bed with work

Self-Care



- Creating a new 'at home' timetable can be helpful (template on page 3)
- Looking after your health
 - o Set alarms/reminders on your phone for things that might not be part of other members of your household's routine such as medication and snacks
 - o If you have specific food preferences, then limited items available at the supermarkets may be very challenging and anxiety provoking. Eat what you can and try to remember that this will pass.
 - o Schedule in some gentle exercise for 20 minutes a day such as a walk or gentle yoga/stretching
 - o Practice mindfulness. If you find this difficult apps like Headspace can be helpful.
- Schedule in doing things you enjoy
 - o Maybe it's something arty, a quiz, a book, a TV show, a puzzle, listening to your favourite band, a warm bath or petting your rabbit
 - o Take the time to list three things each day that you are grateful for and incorporate this into your 'at home' routine
 - o Be kind to yourself! It is normal to feel worried and scared.



Stay Connected

- It is natural to feel lonely during this time when its hard to see people. Here are some creative ideas for staying connected:
 - o Video call friends and family
 - o Play online games with people you know
 - o Write letters or thank you cards to healthcare workers or others
 - o Start a book club or join an online one

Behaviour Activation

Some behaviours can be harder to reintroduce back into your weekly timetable than others. Maybe this is because they are particularly anxiety provoking. These behaviours are often the most important ones to keep doing, for example taking your medication or having your afternoon snack. Below is an exercise you can complete to assess how these behaviours impact you before and after completing them. It is also important to balance these challenging behaviours with ones that you enjoy.

List three responsibilities (For example: paying bills, walking the dog)

- 1.
- 2.
- 3.

List three challenging activities (For example: Completing dinner, eating a fear food)

- 1.
- 2.
- 3.

Try and monitor how each activity makes you feel out of 10 before and after:

Challenging Activity/ Responsibility	Anxiety Before Attempting	Reward After Attempting

Weekly Timetable

Keeping a weekly timetable can be helpful to keep you motivated and to help you stay in control in a time when things may feel out of your control and anxiety may be high. Keeping your days as regular as you can help with this. Try to balance in your schedule things that you enjoy and your responsibilities. It might be a useful idea to share your routine with a loved one to help keep you motivated.

Day	Morning			Afternoon			Evening			
Monday	Breakfast	Snack		Lunch		Snack		Dinner	Snack	
Tuesday	Breakfast	Snack		Lunch		Snack		Dinner	Snack	
Wednesday	Breakfast	Snack		Lunch		Snack		Dinner	Snack	
Thursday	Breakfast	Snack		Lunch		Snack		Dinner	Snack	
Friday	Breakfast	Snack		Lunch		Snack		Dinner	Snack	
Saturday	Breakfast	Snack		Lunch		Snack		Dinner	Snack	
Sunday	Breakfast	Snack		Lunch		Snack		Dinner	Snack	

Activity List

Creative

Nature

Stay Connected

Do a puzzle

Go for a walk

Write a letter

Colour or doodle

Ride a bike

Video chat someone

Start Knitting

Do some gardening

Play a board game with someone (board game or something online)

Read a book

Do some yoga

Start a blog

Take some photos

Visit a park

Create/ join an online book club

Write a diary

Meditate

Make a quiz for your loved ones

Listen to music

Dry some flowers

Ask someone to teach you a new skill