

Importance of Routine

Week of March 29th - April 3rd

From the Wellness Center

OVERVIEW & PURPOSE

Why is setting a routine important? Our daily routines help us get a sense of self and consistency. When routine is removed, it is natural and normal to start to feel out of sorts and suffer from a sense of loss. The best way to regain our sense of self is to either continue with old routines and/or develop new ones. With the Shelter in Place order continuing, we are all in the exciting position to create some new routines, while trying to keep normalcy as best we can!

Some Ideas To Think About

- Do what makes us feel like ourselves
- Keep to a schedule, adapt schedule to fit your new norm
- Work around barriers (i.e. Facetime meetups, virtual dinners)
- Do what feels most effective
- Take the opportunity to do things we do not normally have time for

(<https://www.psychologytoday.com/us/blog/life-smarts/202003/how-survive-social-distancing-and-shelter-in-place>)

Articles

Short Read: How To Survive Social Distancing and Shelter In Place

<https://www.psychologytoday.com/us/blog/life-smarts/202003/how-survive-social-distancing-and-shelter-in-place>

Longer Read: Creating A New Normal for Kids During the Uncertainties of COVID-19

<https://www.uth.edu/news/story.htm?id=e5c159f0-11af-4091-9f1d-342b5a64583a>

**If you have any questions please call the Wellness Center at (530) 280-2009.

