



5 reasons we should all be trying to establish and maintain a routine during this pandemic:

1

Routines can anchor us.

Routines are like our anchors. No matter what happens throughout the day, knowing when we will be eating dinner, going to bed, calling our best friend, or practicing our hobbies, can be very comforting. This is true during quarantine and in our regular daily lives. Coping during unpredictable times can feel much easier when we have a little structure!

2

Routines reduce stress.

Trying to remember everything we must do every day can be overwhelming and stressful. When we have a routine, we get used to our schedules, and become less overwhelmed by what to do next. This allows us to feel more in control and less stressed!

3

Routines promote healthy daily habits.

Routines help us develop healthy habits and take care of ourselves. Organizing time allows us to create time for ourselves. Routines are for more than just our responsibilities; routines make sure we have the time to do what we love!

4

Routines help us sleep.

Sleep is very important for our mental health. Our bodies get used to our “sleep-wake cycles.” Going to bed around the same time and waking up around the same time every day puts us in a better mood. It allows our bodies and minds to rest.

5

Routines help us make time for ourselves.

We all need time to ourselves and routines are the best way to fit that in our schedules. There will always be days with too much homework, someone coming over unexpectedly, or our rides running late to pick us up, but having scheduled “me time” can help make sure we get the rest we need! Having a routine helps us have the time to relax and have fun.

