

Building A Routine

We are living through strange times. We have been told to stay inside and therefore help save lives, but what does that really mean if we are going to be stuck in our houses for several weeks? First of all, we must not over think things and become panicky and worried – well are all worried, but not to let it get out of control. We need to approach things one day at a time and if that seems too much then half days at a time. To do this let's start with our routine. The routine we had even a week ago has now changed and it is up to us to establish a new one.

Don't let go of the important things – make sure you get up, shower, dress and eat breakfast whatever age you are! That helps to kick start things.

Parent or child at 9 o'clock why not check into Joe Wick's, PE with Joe, work out and get those endorphins going. <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



Home Schooling or remote learning it is time to get down to a bit of study. Remember if you are accessing any learning platforms it might be easier to log-in early on in the day and stay logged in. There will be a lot of demands on the Internet at moment so you may need to be extra patient. Use the Internet for the important things.

Remember to take a break mid-morning – go and do something different for 20 minutes. For example, twenty-star jumps, running on the spot, walk up and downstairs, sing a song, put on the radio and dance. And remember to stay hydrated.

Now back to work until lunchtime. There you have made it through the morning.



An afternoon routine might be different particularly if you have studied hard in the morning you might want to choose now to have exercise slot outside.

You could help around the house with some cleaning or tidying.



Make some time to learn a new skill or past time. This could be the time to take part in one of those positive activities – painting, baking, playing board games, playing a musical instrument, dancing or singing. Each afternoon you could have a different activity.

Help prepare the evening meal. You could do a family Come Dine with Me and take turns each day to cook.

And then we are there – it's the evening, time now to watch a little television. Play board games or card games with your family. Read a book or magazine. Catch up with others through phoning or texting a friend.



Then build in a wind down time before bed. It is helpful not to have any screen time for about an hour before going to bed. Have a bath; practice some mindfulness or visualisation; write a diary. You could keep a gratitude journal – listing three things that you have to be thankful for each day.

Build in Worry Time – this is a way of coping with all that excessive worry. Make a time each day for about 15 – 30 minutes when you can discuss or focus on your worries. Make this a regular time but not near bedtime. You may find this works by using this time as a family or talking through your worries with a parent. During the day write down your worries as they occur to you, but put them on hold until that special worry time when you can go through each of these and think about them more logically, coming up with solutions, problem solving each one. Sometimes the worry which might have seemed important earlier in the day has already been solved so you can cross it off your list. At the end of worry time move quickly on to a different activity that will help to lift your mood, may be put on your favourite song and dance to it.

Remember to be kind to yourself and each other.

Everyone is trying to adapt and find their new normal.