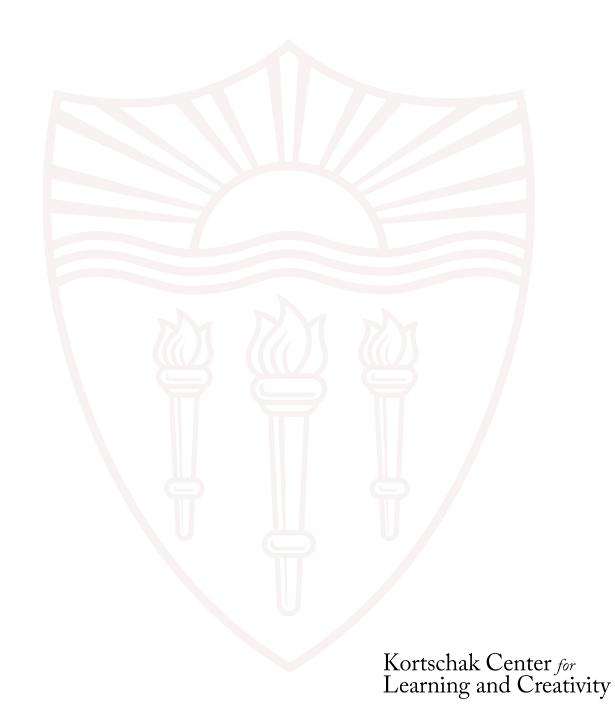# Creating a Morning/Evening Routine

Ashlyn Kirkpatrick

Why create a routine?

- Reduced fatigue, overthinking, and stress levels
- Make better big decisions
- Increased productivity
- Better sleep
- Prioritize what is important to you

Hou et al., 2020; Piedmont, n.d.

How to create a morning routine

- Morning routine
  - Something to wake you up
  - Give yourself excess time
  - Get ready

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How to create an evening routine

- Evening routine
  - Prepare for the next day
  - Create quiet time
- Length of routines may vary

Creating your best ROUTINE

Routines are important with the transition back to campus and can help you stay productive (Hou et al., 2020). Consistent routines improve daily structure and can combat feelings of overthinking, stress, and fatigue. Implementing routines during periods of transition can be soothing and help you develop healthy habits of self-care. Don't forget to incorporate routines into your day to help you perform at your best.

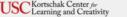### What goes into a morning routine?

1. Do something that wakes you up. Opening the blinds, splashing water on your face, stretching, or listening to music are some examples.

2. Give yourself ample and excess time to account for commuting and unexpected occurrences. Begin by overestimating the time it takes to get to class so you have a buffer and can reduce stress.

3. Get ready! Double-check you have what you need for the day, grab breakfast, consider reflecting on a daily intention, or identify a few things you're grateful for.

What goes into an evening routine?

1. Prepare for the next day by reviewing your schedule, preparing meals, packing your bag, or laying out clothes.

2. Create quiet time to relax and wind down (i.e. meditate, journal, stretch). Limit screen time when possible.

Morning or evening routines can take anywhere between 15 and 60 minutes.
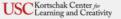
Creating your best routine

- **Morning routine**
  - What do you feel your best doing
  - What will help you prepare for the day

- **Evening routine**
  - Prepare for the next day
  - Ways to relax

Implementing your routine

- Estimate time to complete
- Where will you display your routine?
- Practice self-compassion

References

Hou, W. K., Lai, F., Ben-Ezra, M., & Goodwin, R. (2020). Regularizing daily routines for mental health during and after the COVID-19 pandemic. *Journal of Global Health, 10*(2). https://doi.org/10.7189/jogh.10.020315

Piedmont (n.d.). Why routines are good for your health. *Piedmont Healthcare.* https://www.piedmont.org/living-better/why-routines-are-good-for-your-health

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