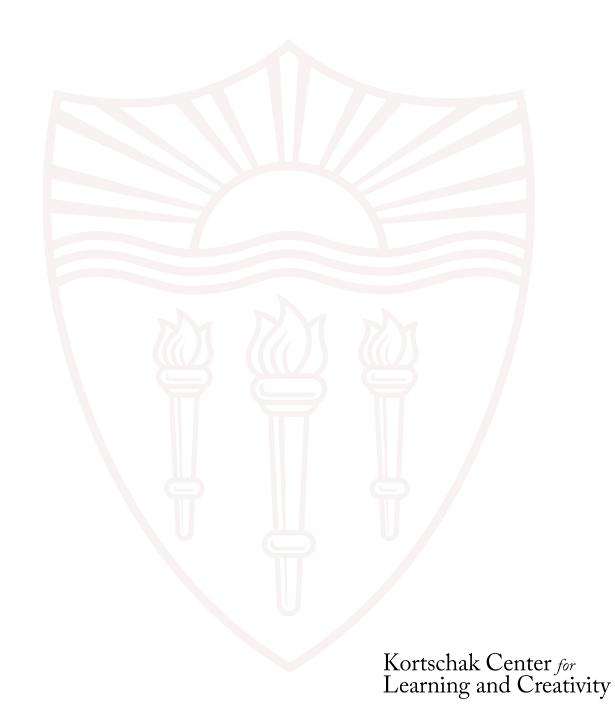


Creating a Morning/Evening Routine

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



How to create a morning routine

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



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?

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

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

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

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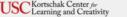
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How to build a schedule of productivity On demand Workshop



Creating your best	
ROUTINE	9438

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		1119	110	atilio

	when I wake up, I feet my best doing	(insert activity)
2	In order to get ready for the day, I will	

Evening Routine

1	Before I sleep, I will prepare for the next day by	(insert activity)
2	To relax my body and mind for sleep, I will	•

Now Practice Making Your Own Routine!

1				
(inse	ert activity or task)		(insert estimated time))
(inse	ert activity or task)		(insert estimated time))
(inse	ert activity or task)		(insert estimated time))
My routine takes about	(insert total estimated time)	& I want to start it	(insert time of day)	AM/PM
A place I can display	my routine to reme	ember it is	(insert location)	•

Keep in mind, building new routines takes consistency and time so be patient and foster self-compassion as you make these lifestyle changes.

Creating your best routine

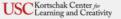
Morning routine

- 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

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How to build a schedule of productivity On demand Workshop



(insert activity)

Creating your best	
OUTINE	923

M	orn	ina	Ro	uti	ne
	• • • • • • • • • • • • • • • • • • • •	9			• • •

1	When I wake up, I feel my best doing	(insert activity)
2	In order to get ready for the day, I will	

Evening Routine

1 Before I sleep, I will	prepare for the next day by	(insert activity)
2 To relax my body an	d mind for sleep, I will	(insert activity)

Now Practice Making Your Own Routine!

y routine takes about		& I want to start it	at	AM/PN
3 (inser	t activity or task)		(insert estimated time)	
2 (inser	t activity or task)		(insert estimated time)	
	t activity or task)		(insert estimated time)	

Keep in mind, building new routines takes consistency and time so be patient and foster self-compassion as you make these lifestyle changes.

A place I can display my routine to remember it is

Implementing your routine

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

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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

