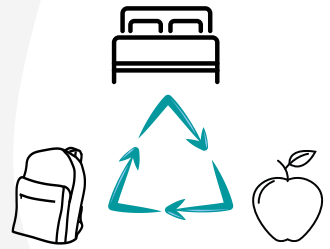# Creating your best
ROUTINE

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.
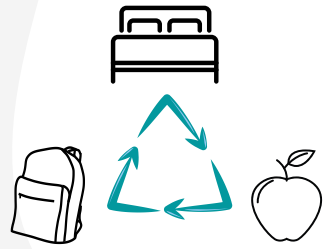
What goes into an evening routine?

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

1 When I wake up, I feel my best doing _____ .
(insert activity)

2 In order to get ready for the day, I will _____ .
(insert activity)

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 _____ .
(insert activity)

Now Practice Making Your Own Routine!

1 _____ _____
(insert activity or task)   (insert estimated time)

2 _____ _____
(insert activity or task)   (insert estimated time)

3 _____ _____
(insert activity or task)   (insert estimated time)

My routine takes about _____ & I want to start it at _____ AM/PM.
(insert total estimated time)   (insert time of day)

A place I can display my routine to remember 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.

References

Hou, W. K., Lai, F. T. T., 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

ADDitude Magazine. (2016). The Daily Routine That Works for Adults with ADHD. ADDitudeMag.com.