

## **Importance of a Daily Routine**

- Structure and routine promote positive mental health
- Routines and rituals are important (especially in times of crisis) because they help us feel more in control and centered while helping us gain a sense of ownership over our time
- A daily routine offers CERTAINTY which in so many other ways is limited right now
- Rest and proper nutrition helps us build resiliency
- Transitioning back to "normal" will be easier

## **Tips to improve how you are feeling**

- get dressed as though you are meeting people outside your house - you will feel better
- start and fill the day with projects and must do's and end with pleasant rituals (catching up with friends, reading, crafts)
- check out youtube for a variety of exercise routines/workouts/yoga
- build humour in your day - funny movies, memes, tik tok
- limit intake of news - especially at least one hour before bed
- drink lots of water
- what have you always wanted to do and haven't had time.....try it now