Structure and Routine

Structure and routine can be very important factors in maintaining our mental health and wellness. With school and daycare closures, working from home or being laid off - as well as many of the services we are used to accessing being closed - many of us are struggling with disruption to our daily routines. This can leave us feeling directionless as we try to figure out how to fill the hours of our day.

With so many unknowns and so much outside of our control right now, it can be helpful to take control of what we can and create a daily routine for ourselves so we have some certainty built into our day. This doesn't mean planning for every minute; we can allow ourselves space to slow down, while still having a plan for the day.

Try going to bed and getting up at the same time you normally would. If you're working from home, try separating some work space away from your personal space. Think of what is important for you to do every day (e.g. creative time, fresh air, exercise, connection, spiritual time) and write it on your planner.

Below is a sample planner:

Weekly Planner for the Week of _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First thing							
Early Morning							

Mid to late morning						
Noon						
Afternoon						
Late afternoon						
Evening						
Late evening						
Before bed						