healthy body, healthy mind – routine

So, you're in the midst of a global pandemic.

Let's face it: quarantining can be tough. A lack of structure can often lead to a lack of routine. Losing your job may mean that you just don't see the need to wake up at the crack of dawn anymore. The next thing you know, you're having dinner at 3am to the sound of the same Friends episode you've watched twenty times— just because you can. It's okay, guys, we're on a break.

None of us are here to judge—we're all in the same position as you. However, it's important to understand the need for a routine, and the effects a lack of routine can have on your wellbeing.

Often, a routine should allow for you to make time for eating, exercising, working, and doing things that you enjoy. With our current situation, it seems that the need to make time for these things no longer exists. Sometimes, it may even feel as if you have all the time in the world, yet you are unsure what to do with it.

You see, the exciting thing about being human is that we have this innate ability to adapt to anything. We quite literally used to have gills, until we adapted to land and realised we no longer needed them. Now more than ever, it's important to remember that adaptation is our forte: if we can drop our tails and gills, who's to say we can't get through this?

It's important to develop an adjusted routine during times like these, to help us feel more normal—so to speak, it'll help us adapt to this predicament.

A routine is imperative to both your physical and mental health. While regular exercise and healthy eating habits will improve your cardiovascular and overall visceral health, it's important to note that these activities, as well as any other activity in your routine can reduce stress. Many psychologists say that it's because a routine can make situations appear more controllable and predictable.

Creating a routine has been proven to:

· Reduce stress levels

· Improve sleep hygiene

· Help you take control of your life

· Improve overall mental health

At headspace Glenroy, we're passionate about mental health. We also recognise that this current climate could become a breeding ground for poor mental health, and poor coping skills. We want you to be as healthy (mentally and physically) as possible during these unprecedented times.

Check out our example routine checklist that was created by one of our awesome YAG members, Laura!

Good Morning! ☼

Have you?

- ☐ **Brushed your teeth?**
- ☐ **Stretched?**
- ☐ **Showered (day or night)?**
- ☐ **Taken your medication?**
- ☐ **Ate breakfast?**
- ☐ **Had some water?**

Good Afternoon! ☁

Take time out of your day to do at least three of these things

Something for the body

- ☐ exercised for at least 30 minutes?
- ☐ stretched?

Something that you enjoy?

- ☐ cooked/baked?
- ☐ read?
- ☐ played a video game?
- ☐ made art?
- ☐ watched tv?

Something kind for yourself

- ☐ done skincare?
- ☐ meditated?
- ☐ expressed gratitude?
- ☐ told someone you love them?

Something outside

- ☐ gotten a breath of fresh air?
- ☐ walked around the block?
- ☐ played outside w/pets?

Something for the mind?

- ☐ done schoolwork?
- ☐ watched a documentary?
- ☐ started a jigsaw puzzle?
- ☐ learnt something new?
  if so, what? _____

Good Evening! 💤

Have you?

- ☐ **Brushed your teeth?**
- ☐ **Washed your face?**
- ☐ **Showered (day or night)?**
- ☐ **Put your phone on charge?**
- ☐ **Had a glass of water?**