



SOUTHWEST EAP

Everyone is making huge adjustments to their schedules and that can feel very unfamiliar, it is important to retain routines and normalcy during this adjustment.

5 Things to to Help Maintain Routines

- **Retain your normal morning routines.** Try to continue to get yourself and your family up and at 'em in the normal fashion, even if no one actually has anywhere to go. It helps us feel awake, makes it easier to focus on school and work, and keeps our bodies in sync.
- **Adapt your physical activity outlets.** Don't abandon movement just because the gym is closed. Bookmark your favorite yoga videos, figure out how to get some sunshine, have a "from home" class where you call your normal workout buddies for accountability. Physical health and mental health go hand in hand.
- **Stay open to enjoyment.** Try to keep the essence of some cancelled activities in the mix. Variations or pieces of those activities can likely be adapted for home. Camp out in the den if you had to cancel a trip, do your own bible study if you can't go your church, set a conference call with your weekly watch party group so you can keep in touch.
- **Talk to your people.** Keep up with people you care about at this time, send positive thoughts and messages, plan to have catch up phone calls, more is going on than just the health concerns, but it is easy to forget that in an anxious time.
- **Adjust your expectations.** Take a deep breath and know this is something that will be over at some point, but realistically we are all adapting to a fluctuating time frame. Each new piece of information does not have to scare you, it just helps inform your next move.

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