Routines during Self-isolation

It is important for both our physical and mental health to have some predictability and routine in our daily lives. During weeks of self-isolation and social distancing it could become easy for days to blur, with no reason or purpose to get up at a set time, get dressed or to go to bed at a set time. Think about what works best for your family, would a timetable be comforting and reassuring, or would your family find the pressure of that stressful?

Ideas to help:

- Keep your wake-up time fairly consistent. Agree on and schedule an activity to look forward to each morning (e.g. 'we will do an online exercise class together as a family' such as Joe Wicks PE at 9am each day, or an online yoga class etc)
- Keep breakfast, mid-morning snack, lunch, mid-afternoon snack and dinner at consistent times each day to prevent snacking all day.
- Involve all the family in planning and preparing meals with what food is available, and plan for shopping needs carefully to reduce the amount of times going out for shopping.
- Eat as a family and take the opportunity to discuss the things you are grateful for.
- Ensure you have physical activity throughout the day to keep you moving and use energy. This might be an online fitness class, going in the garden, or if not self-isolating a walk, cycle ride or jog keeping a safe (2m) distance from anyone else.
- Keep your brain occupied and challenged. Set aside time in your routine for this. Read books, magazines and articles. Listen to podcasts, watch films and do puzzles.
- Keep to your usual bedtime routine (e.g. calming activity, no screen time, time together reading or talking, listening to music) and a consistent time for lights out. It could be tempting for teenagers to stay up all night and sleep all day, but this is not a helpful pattern for their body to become used to and can affect digestion and mood.

Check out: https://www.nhs.uk/oneyou/every-mind-matters/sleep/ For more advice on sleep