



## Establishing Daily Routines

Dear Students:

When life has been turned upside down for example, living and studying through a Pandemic, tornadic activity, snow in April, etc..... It is really important to carve out some time to establish a routine for yourself. You may not have realized that you had a daily routine prior to the changes that came with COVID-19 restrictions, but likely that pre-existing routine changed in subtle ways without you even realizing it.

A routine can help you to feel like you are standing on a solid foundation rather than feeling the pressure to suddenly react to life's stressors like a boat adrift in angry sea.



In This Issue:

- Benefits of Routine
  - Creating A Good Routine
  - References, Links, and Informational Resources
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### **Routine has many benefits:**

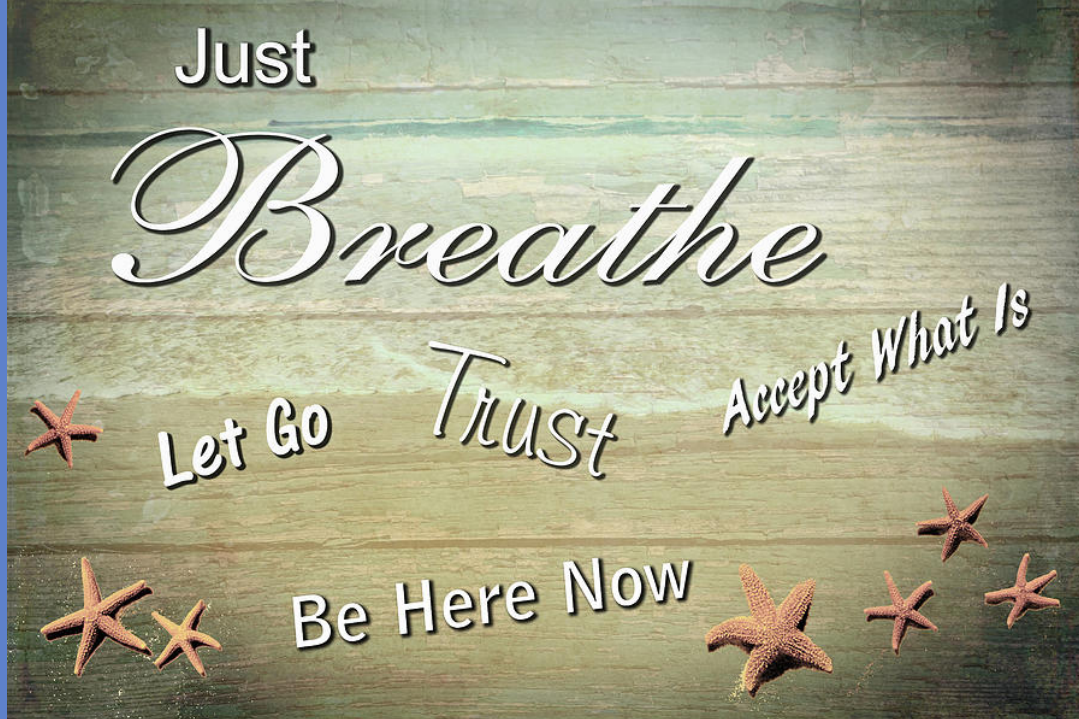
- Alleviates stress and anxiety by allowing time for personal check-ins with your thoughts and feelings; and provides a feeling of accomplishment through goal or task completion
  - Encourages a sense of stability because it provides an “anchor” during unpredictable circumstances
  - Creates opportunities for creativity
  - Improves overall well being because it encourages time for self-care
  - Improves productivity and efficiency
  - Identifies what is most important to you and what you value most
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### How to create a good routine:

- **Create a weekly “Life” Calendar:** in addition to your work tasks, identify those things that you feel you must absolutely complete each week for yourself/family without exception, including: exercise, journaling, scheduled mindfulness practices (meditation, deep breathing, progressive relaxation), free time, time with friends/family, reading a book
  - **Keep your calendar close** – make sure you can quickly reference your established calendar so it remains constantly on your mind each day
  - **Stick to your calendar:** Defend your personal events and set boundaries and learn to say “No” if you receive a request for your time that interferes with your already established schedule
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Here are some useful links for your reference on the benefits of routines and also tools for reducing burnout:

[The Secret Benefits of Routines: It Won't Surprise You!](#)

[Four Tools for Reducing Burnout by Finding Work-Life Balance](#)

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The staff of the CSWCS also researched what other Universities around the country are doing to help their students during these unprecedented times. Below are links to Northwestern and University of Michigan.

[Learning During COVID-19: A Strategic Approach](#)

[Are You a Student Disrupted by Coronavirus and Feeling Unmotivated? We have five ideas](#)

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It is natural for many of us to experience mixed feelings of anxiety during the world's response to COVID-19. While we continue to receive continual updates, our Center for Student Wellness and Counseling Services wants to provide you with several resources that can be helpful in addressing your well-being during a time of uncertainty.

Visit our [CSWCS page](#) for links, lighthearted videos, self-help tools and continue to monitor your NEOMED email for more information from the University and/or our Center as it pertains to this ever-evolving situation.

[TAO Connect](#) -Therapy Assistance Online (free to all NEOMED students)

Hotlines and Mental Health Resources

How to Help a Student

NEOMED website for University-wide coronavirus/COVID-19 updates, tools, best practices, and getting support from our internal community

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**Sincerely,**

**The Center for Student Wellness  
and Counseling Services**

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