

# ROUTINES

## **BENEFITS OF ROUTINES**

Humans are creatures of habit - routines aid in time management and organization, decreasing stress, and improving overall health and well-being by staying accountable to yourself!

## **MORNING ROUTINES**

Having a set morning routine minimizes decision making creating a calm start to your day. Try including a set wake up time and create an order of your daily hygiene tasks and breakfast. One tip is to minimize screen time and use this time to be mindful.

## **BEDTIME ROUTINES**

Having a set bedtime routine helps promote relaxation and create a consistent sleep schedule. One tip is to get a journal and plan out your day the night before. This will help you stick to your routine and reduce anxieties about the next day.

## **WEEKLY ROUTINES**

**SELF CARE** - College can be a busy and stressful time, so it is important to give yourself a break to prevent burnout. Make sure that you schedule in alone time to relax and do things that you enjoy. Click this [link](#) for self care ideas.

**CHORES** - Having a clean space can help improve your mood. Having a set day for chores like laundry and getting groceries can help keep your space clean and make it easier to make healthy choices.

**HOMEWORK** - Dedicating specific days and times for homework each week helps you minimize stress and prevents procrastination.

**SOCIALIZATION** - It is important to dedicate time to seeing friends / loved ones. Having time available for socialization is a key factor in preventing burnout and improving your mood.

## **HOW TO START / TIPS**

Check in with yourself on how you are currently managing your time. Note areas of your life that you need to spend more or less time on. Create a detailed monthly calendar with class times, due dates, and your work schedule if you have a job. Check this each night when you create a plan for the next day to help you stay on top of things. Click [here](#) for more information on routines.