



## RISE + SHINE

Waking up marks the beginning of a new day. Try to create an approach to mornings that works for you.

While it can feel great to have a productive morning, it is important to practice kindness as you adjust your routine. Allow yourself some flexibility as you plan for the day ahead.

## SCHEDULE

8:00	WAKE UP
9:00	BREAKFAST
10:00	CLASS
11:00	READ
12:00	MAKE LUNCH
1:00	CLASS
2:00	TAKE A WALK
3:00	HOMEWORK

## REMEMBER TO PAUSE

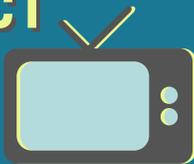
Taking regular breaks has been proven to improve concentration, and leads to better mental health and mood. You should aim to be recharging every 45 minutes or so.



**"WHAT YOU DO EVERY DAY MATTERS MORE THAN WHAT YOU DO ONCE IN A WHILE."**

**- GRETCHEN RUBIN**

## RESPECT YOUR LIMITS



It's okay to step away. Make an effort to limit your access to news daily.

If you come across information you find alarming, make sure it is from a trusted source.

Set aside time to try something new. Keep in mind activity doesn't always have to be productive. It can simply be a way to relax or for entertainment.



## WINDING DOWN



Dedicate your last hour of being awake to one of the following activities:

- Take a soothing bath/shower
- Unplug from electronic devices
- Have a chat with a friend or with your loved one
- Review how you spent your day
- Read a book in bed to get yourself to sleep naturally

# CREATING NORMALCY

In uncertain times, it can be important to create a new "normal". Here are some tips to help you establish a new routine!