

Scheduling During COVID-19

*Scheduling during a pandemic is difficult, but important. Making sure you maintain a daily routine is good to prevent too much snacking, screen time, lounging, time wasters, etc. Sticking to your routine during this time will make sure that you are healthy enough to get back to life as soon as it is possible!

How to manage your time when you have to stay home:

- Keep your school routines even though you are at home
 - Get yourself dressed and ready to go each day
 - Do schoolwork at your normal school time
 - Stick to the sleep/wake-up schedule you would have if you were going to school
- Make sure to schedule in ways to keep you healthy
 - Exercise at home – get creative!
 - Keep eating 3 meals a day
 - Schedule fun activities – find new and different hobbies you can do at home
 - Get outside to get fresh air every day
- Keep doing your chores
- Facetime/Zoom friends to maintain social connections
 - Consider scheduling facetime/text time, so friends know when it's easiest for you to interact
- Leave some wiggle room! However, make sure you are busy enough so you moderate your intake of news and social media to help manage stress about the pandemic.