

Support and wellbeing

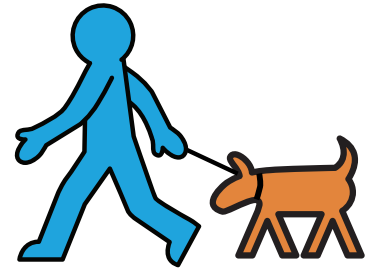


Leeds Community
Healthcare
NHS Trust

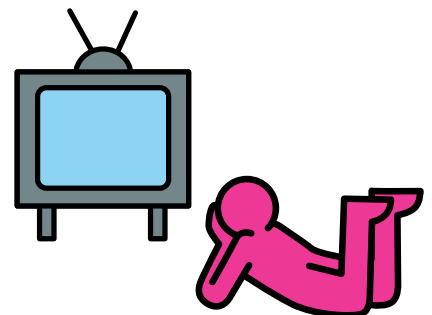
Tips on how to make a daily schedule

Making a schedule at this time might seem like a difficult or strenuous task but it will make it easier to organise your daily life. If you live with other people (family, friends) consider making a schedule together, to take into account everyone's needs and requirements. A routine can help to break up the day, support mental wellbeing and help promote positive eating and physical activity habits.

- **Try to go to bed and get up at the same time.** It may be tempting to lie in, especially if you do not need to get up for work, but doing this on a regular basis can disrupt your sleep
- **Get dressed for the day**, even if you're not going anywhere.
- **Set yourself small goals** that are easily achieved and **celebrate** when you are successful at these.
- **In your schedule, include:**
 - When you will **eat** (also think about when you will go shopping and planning meals)
 - When you will do your **physical activity**, e.g. going for a walk or an exercise routine at home
 - When you will **work** (if you are working) – try to stick to your normal work times
 - When you will do your **chores** / household jobs
 - When you will do something that is good for your **mental wellbeing**, e.g. speaking to friends / family on the telephone, reading, doing a jigsaw, watching a film
- **If you can, find some space where you can work** if you are working from home – make it your 'office – place for work'.
- **Try to get some fresh air every day**, even if it's just a walk around the garden.
- **Be flexible!** The schedule is a guide; it is ok go with the flow sometimes.
- If you are spending a lot of time at home, you may find it helpful to **keep things clean and tidy**.



Schedule							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Eat							
Exercise							
Work							
Chores							
Leisure							



References

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