

Straight From the Source



A sense of security and predictability is an important component of health and wellness. During this time, your typical days likely look very different and setting a routine is key. Following a routine for your day provides structure and a sense of security and control.

We hope you find these tips helpful as we continue the year virtually. Newsletters will be out each week!

Establish a Routine

Tip #1:

Try going to bed and waking up at the same time every day. It promotes a good mood and gives you energy for the day!

Tip #2:

Special thanks to the Blue Ridge UMHT for these tips!!!

Don't forget to make time for breakfast, lunch, and dinner- you need those nutrients to stay energized and healthy.

Tip #3:

Schedule several "work sessions" during the day when you will review online classrooms and engage in learning. After each session, reward yourself with a break to do something fun!

Tip #4:

Schedule time each day to engage in a Healthy Activity such as exercise, art, or writing. Spending time doing things we enjoy is a great way to reduce stress.