

Adding To Your Existing Routine

During lockdown it can be a daily chore to even put on joggers and a hoodie (hopefully that isn't just me) but even though I have had to adapt my day to day and it looks different to pre-March 20, I have maintained some routines that have certainly helped with my wellbeing.

Committing to a daily routine and setting targets will give you structure and purpose. From waking up and making your bed, working out, to having a shower, these are all mini goals that you will check off your to do list and give yourself a mini virtual high 5 as you go. It feels good to complete tasks and will give you a sense of achievement no matter how big or small.

Daily Affirmations – these will be personal to you and will take no longer than a few minutes while you are brushing your teeth or taking a shower. From “You have got this” “You are awesome” or to some of my favourites said daily (by a friend of a friend) “Yes you are like Thor...not from the last Avenger film but specifically Ragnarok” to “No there is no need to save for a private island to escape your children, they are adapting to lock down just as you are” - the aim is to see a shift in your mindset, acknowledge how you are feeling, set out your day and have a sense of structure.

Drink more water – Aim for 3 litres a day, commit to 2! It will help boost your metabolism and will help you feel satiated and stop you snacking on the chocolate hobnobs (chocolate hobnob snacking has a time and a place)

Eat more Fruit and Veg – By adding more colours of the rainbow into your existing diet you will be priming your body with essential vitamins, minerals and antioxidants, which are essential for strengthening your immune system and for general health maintenance.

Exercise – commit to working out at the same time of day as often as possible, write down the days that you are going to train and have it somewhere so that you can see it as a visual prompt. This same approach works extremely well for assigning yourself study time to commit to. Morning exercise is fantastic as you will get it out of the way, tick it off the check list and feel more energised setting you up for the day. By doing this first thing you are also less likely to find an excuse as to why you cannot train later in the day, when you may have used up energy on other tasks or as in most cases, life has decided to get in the way.

Make the time, see it as an investment in yourself, set a goal, a daily 30 minute walk, a Joe Wicks work out (free on YouTube) or a mobility yoga session.

Learn something new – spend 30 minutes every day on something new, this could be from handstands to sign language, cooking to mastering tik tok

Read a chapter of a book – ONE whole chapter nothing more and nothing less, this can be fiction or non-fiction and no if you have children the Gruffalo does not count. For extra points pick up your Yellow and Orange.

Sleep – Invest in your sleep patterns or end of day rituals to maximise the quality of sleep return that you can have.

Avoid Caffeine at least 6 hours before bed

Turn off social media, computers and TV at least one hour before bed and read (see above)

Set an alarm 30 mins before you aim to sleep as this will prompt you to start working through your usual night time routine

The goal is for it to help with wellbeing and further enhance your studies. Give it a go over the next 4 weeks and if you notice one change for the better, perfect, if not ditch it and move on.