



BUILDING A HEALTHY ROUTINE AT HOME



Too much time inside with nothing to do is not good for your health. It can lower your mood, energy levels and motivation. Building a healthy and positive routine is important for both your mental and physical health. By establishing a structured home routine, it will help manage feelings of stress and worry. Engaging in a variety of different daily activities can increase your motivation and energy. This handout provides practical information and exercises on how to build a healthy routine at home.

Tips on how to build a healthy routine at home:

1. Think about everything you need to do during your day and week to keep yourself well, and base your routine around these activities. There are things you'll need to do daily, and then things that can be less frequent.

Examples of these include:

- Deciding the times you get up in the morning, and go to bed in the evening
 - When you like to shower/have a bath
 - The times you take medication
 - Mealtimes
 - When you like to exercise
 - The times when you like to socialise and take part in hobbies
 - The times that you need to spend doing productive activities e.g. working from home, volunteering, caring for someone.
2. Schedule your activities using a weekly planner. Include the activities you have to do first, and then slot in other activities around these. Keep your weekly planner in a familiar place in your home (fridge, bedside locker, diary) as a visual reminder.
 3. Set weekly goals for what you want to achieve during each week.
 4. Set your goals and schedule your routine on the same day each week e.g. every Sunday evening
 5. Try to have a mix of self-care, leisure and productive activities (see below for an explanation of these)
 6. Do different types of physical exercise
 7. Organise to do activities with people in your household
 8. Try and maintain your regular sleep routine
 9. Learn a new hobby or skill – this is a great time to try a new hobby at home and learn something new.
 10. Ask yourself these questions on a daily basis: what can I do to move; what can I do for enjoyment; what can I do to relax; who can I talk to/ reach out to?

Self-Care

This is everything you need to do to keep yourself self physically and mentally well.

Self-care involves making sure you get enough sleep, including activities like getting washed and dressed daily, eating regular meals, exercising and taking medication, and using support. It can also include doing activities such as mindfulness and relaxation on a regular basis. Self-care is important to include in your routine at this time, but unfortunately it tends to be neglected in favour of other demands we have in our lives. Take sometime to reflect on your routine; are you allowing time for your basic self-care? Are you showering daily and are you making sure that you're eating regular, healthy meals? Are you keeping in contact with your friends/family/supporters? Are there times during your day where you're allowing yourself time to relax and unwind and are you prioritising your sleep? If you answer is yes, well done! If your answer is no, maybe pick one aspect to change and see the list below for some self-care ideas.

Leisure

This is everything we do to enjoy ourselves and take pleasure in.

Leisure activities are important as they help recharge our batteries and help us to develop resilience. When taking part in leisure activities, it's important to choose activities that you enjoy and include them regularly in your routine. It's also important to know the difference between active and passive leisure activities. Passive leisure activities are generally those activities that don't require a lot of effort to take part in; an example of this is watching T.V. Active leisure activities generally require more effort and "doing" e.g. going for run or walk, gardening or taking time to draw or paint. While both active and passive leisure have a place in your routine, it's very important to try and include active leisure in your routine on a daily basis, as it helps you to feel more fulfilled and satisfied. One form of active leisure that is vital for our mental and physical health is movement and physical activity. The amount of movement we need to stay well varies from person to person, but it is important that we include movement in our routine on a daily basis. Healthy Ireland (<https://www.gov.ie/en/publication/06de8b-be-well/>) gives advice and information on how much physical activity we typically need and ideas on how to start. Walking and dancing are two good examples.

Productivity

This is everything you do for paid work, voluntary work, learning/study and those activities you that give you a sense of giving back.

Some people will have to go to work as usual during this time. If this is the case for you, it's important to take regular breaks while working, have activities you can do in the evening to wind down and make sure that you include time for yourself to do some physical activity and to get outdoors each day.

If you are working from home, make sure your environment is set up to optimise your work; do you have a quiet place in your house you can work from with a desk and comfortable chair? Can you bring equipment from work to make your working from home situation better? Try to have one designated room/place where you work from home, and don't bring your work outside of this; this is so you will begin to associate that space with work and the rest of your home can be for relaxing and regular household activities.

Make sure to start and finish work at the usual time also; there can be a temptation to work for longer and not take breaks, which may in time lead to increased feelings of stress. Be mindful to take your lunch break and regular movement breaks throughout the day. Make sure to keep in contact with work colleagues on a regular basis through zoom or skype; work can be social for many of us and the lack of social contact when working from home can be difficult.

If you're unable to work during this time, are there productive activities you can do at home? Maybe there are DIY jobs or gardening projects to be completed at home? You could also use the time to update your CV and look at online courses to do.



Everyone categorises their daily activities differently, some people think that yoga is a self-care activity for them, while another person describes it as a leisure activity.

It doesn't really matter into what category an activity falls, as long as you are trying to get a balance between the activities in your day e.g. you're doing something physical, keeping in touch with people, doing something relaxing, something enjoyable and something that gives you a sense of achievement.

Self-Care & Relaxation	Physical Activities	Enjoyable Activities	Productive Activities
<ul style="list-style-type: none"> • Read a book/Listen to an audiobook https://www.audible.co.uk • Try Meditation, Breathing, exercises – Headspace / CALM app www.beaumont.ie/marc • Do some personal care activities – bath, face masks, pedicure, moisturise hands • Stay connected with people by phone/video calls, post letters/cards • Make a gratitude diary – list items you are thankful for at the end of each day • Maintain your regular sleep routine 	<ul style="list-style-type: none"> • Try to get some fresh air each day in your garden/balcony. • Go for a walk/run/cycle while observing social distancing • Exercise at home –dance, pilates Yoga with Adriene https://www.youtube.com/user/yogawithadriene, Joe Wicks- The Body Coach https://www.youtube.com/user/thebodycoach1 https://www.downdogapp.com/ • Do some physical housework e.g .changing bedclothes, sweeping, hoovering, mop the floor, raking, weeding. • Outdoor games with household members (football/badminton) 	<ul style="list-style-type: none"> • Explore a new hobby/ crafts such as knitting, painting, collage, DIY – Tutorials available on www.pinterest.com • Mindful colouring • Make homemade cards and post them to family or friends • Do crosswords, puzzles, Sudoku. • Play cards/board games • Listen to your favourite music/play an instrument • Try new baking and cooking recipes https://www.mabs.ie/en/publications/educational.html • Research family tree 	<ul style="list-style-type: none"> • Learn a new skill such as coding or a language • Do DIY/gardening projects • Do home cleaning tasks • Join your local library online &access e-books/audio books https://www.librariesireland.ie/elibrary • Update your CV • Search online for courses starting in September https://www.courses.ie/ • Sign up to Aware life skills course https://www.aware.ie/education/life-skills-online-programme/ • Do a free upskilling online course: www.ecollege.ie https://alison.com/ • Listen to podcasts/Ted Talks

Additional Activity Ideas



- Listen to music
- Hang out in the garden or on the balcony, notice nature (trees, birds, clouds)
- Read (there are so many great books!)
- Dance
- Have a bath
- Watch TV or a film
- Go for a run
- Practice a musical instrument
- Clean and tidy your room
- Cull your clothes – make piles for charity shop and for the clothes bank
- Cook or bake (try a new recipe)
- Take care of your pets
- Write (stories, poems, songs)
- Draw (follow online tutorials and learn how to draw something new)
- Do a work out/circuit training
- Help out with spring cleaning the house – attic, garage, spare room
- Do yoga (great videos on YouTube)
- Make a gift or card for someone
- Window shop online
- Style or dye your hair
- Paint your nails
- Jigsaws
- Board games
- Go for a cycle

- Write in a journal/diary
- Organise photos into albums
- Art project
- Puzzles (sudoku, word search, crossword)
- Card games
- Catch up with someone you have been out of touch with (online, by phone or write them a letter)
- Research classes or clubs you might want to join (sport, dance, drama, social)
- Make a memory box or a scrap book
- Learn a language (check out Duo Lingo app)
- Gardening
- Research and plan a holiday
- Learn to touch type
- Relaxation (breathing, stretching, meditating, apps like “Stop Breath Think”, “Headspace” etc)
- Listen to a podcast
- Research college courses or career options
- Play video games
- Make a playlist
- Beauty treatments – face mask, hair mask, pedicure

Add some ideas of your own

- _____
- _____
- _____
- _____

List of free resources – apps and websites

Books / Adult Education

Libraries Ireland

Free eBooks, audiobooks, online magazines and newspapers online for library members. Registration is free and done online.

Audible

Instantly stream an incredible collection of stories, including titles across six different languages, that will help kids continue dreaming, learning, and just being kids.

eCollege.ie

Fully online, tutor-supported and industry certified courses. In response to the Covid-D19 situation, eCollegeIRL courses are temporarily being made available free of charge to over-16s.

Children's education / Parents

David Walliams

David Walliams is releasing a book reading for children every morning at 11 AM. See link for today's reading.

CJ Fallon

Free access to school books until the end of the school term, for teachers, students and parents.

Edco Learning

Free access to primary level, Junior Cert and Leaving Cert ebooks for the duration of the pandemic.

Folens

Access to all Folens digital resources on FolensOnline.ie, including eBooks, printable worksheets, interactive posters, videos, audio exercises, games etc.

Lifestyle / Hobbies

Own Your Goals Davina

Free 30 day access to workouts and nutritional information with Own Your Goals Davina, no credit card details required for sign up.

Fender Play music lessons

Access to Fender Play's guitar, bass and ukulele lessons free for 3 months to the first 500,000 who sign up.

Home School Piano

Free access to anyone who is interested in learning the piano at home, which includes full access to HomeSchoolPiano Level 1

Calm

Calm is offering free meditation resources to support your mental and emotional wellness through this time.

Headspace (meditation)

Free access to the Headspace collection called Weathering the Storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling.

Beaumont mindfulness centre

Free breathing, mindfulness and anti-tension audio clips

Down Dog

Free access to all Down Dog apps – Down Dog, Yoga for Beginners, HIIT, Barre, and 7-Minute Workout.

National Theatre UK

The National Theatre (UK) will be broadcasting some of its most popular productions weekly on Thursdays at 7 PM. Productions will also be on demand for seven days after each broadcast

Attached is a blank template for writing and planning out your daily schedule.

Top tips for planning include:

1. Stick to set get up time and bed time
2. Set a limit on screen time (phones, laptop, ipad, tv, video games)
3. Balance your day with enjoyable and productive activities
4. Include daily exercise
5. Get fresh air (balcony, garden, walk on your own if possible)
6. Accomplish something (work, house work or building skill/getting better at something)

Weekly Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Daily Habits
BECOME LIKE
DOMINOES
ONE successful TASK
leads TO THE next

