

MAINTAINING A ROUTINE WHILE QUARANTINED AT HOME

COVID-19 has shifted the daily paradigm of nearly every person on the planet. And while humanity is notorious for its ability to adapt, lack of consistent structure is correlated with a host of problems—including higher levels of stress and anxiety, loss of productivity, and diminished health.*

But here's the good news: Though it requires more intentional effort to build a routine now than it did a few months ago, it *is* still possible.

Whether you live alone or are quarantined with other family members, here are four ways to get your household's daily life back on track.



*Cherry, Kendra. "The Importance of Maintaining Structure and Routine During Stressful Times." *Verywell Mind*. 26 April 2020.

Dare to Dream (of Better Sleep)

If you've been feeling like one day blurs into the next, an off-balance sleep schedule may be the culprit.

Even though you may not *need* to keep the same sleep schedule as you did before, it's still important to wake up and go to bed at a similar time each morning and night. This helps create a mental delineation from one day to the next (in addition to being good for your overall health).

And hey—if you're one of those people who falls closer to the seven side of the recommended hours of nightly sleep, why not shoot for the full nine? Even though it may not seem like it, a couple extra hours of rejuvenating rest is more productive than bingeing Netflix shows.

Move It (or Lose It)

If you're used to exercising outside or in a gym, adapting your workout routine to this new normal can seem daunting. But regular exercise is one of the single healthiest things you can do for both physical and mental well-being even in the best of times—and that's especially true during this pandemic.

Unsure of where to begin? Research workouts on YouTube. Order fitness DVDs. Buy a stationary bike. Pick up an exercise video game.

You may have to reach outside of your comfort zone, but you'll get a lot out of it—including the feeling of accomplishing something worthwhile each day.



Time to Eat (Again)

When you're quarantined inside, it's easy to constantly graze on snacks from dawn until dusk. In addition to the obvious downside of packing on the pounds, continual snacking can also disrupt your normal mealtime schedule—thus further damaging your routine.

The solution is simple: Create a daily meal plan.

The quick act of deliberately writing down each snack and meal you'll have (and better yet, the *time* you'll eat them too) can make a gigantic difference in helping you maintain a healthy and consistent eating pattern.

Make My Day (From Six Feet Away)

Social distancing is undoubtedly important. But humans have an innate desire for connection and being constantly trapped indoors can make every week feel like the same dull, repetitive experience.

Try to schedule some type of social interaction at least once every few days. This can be via video chat, multiplayer gaming, a phone call, or even visiting someone in person (so long as you wear a mask, stay far enough away, and don't bring company).

Things are vastly different now than they were a few months ago, but your routine doesn't have to remain in shambles. It may take some effort and creativity, but if you stick with it you can build a daily schedule that boosts your productivity and your health—both mental and physical.

Those are things we all could use more of right about now.



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