



Redesigning your routine

The COVID-19 crisis has impacted our routines, scheduled, habits, and expectations. Not only does this add to feeling unsettled, anxious, and stressed; it can also impact our work performance (if working from home), patience with loved ones, dietary habits, and overall health.

Now we can't recreate our pre-COVID routines and schedules, but we can redesign them; keeping what worked and benefited us, while being flexible and self compassionate.

On the next page on the left, fill in what a typical day (maybe Tuesday or Wednesday) would be before COVID-19. In the space on the right, get creative on how to incorporate as many of the beneficial elements into your new routine. Here's an example:

Original		Redesign	
7:00 / 7:15	Alarm goes off / get out of bed	8:00 / 8:15	Alarm goes off / get out of bed
7:15am until 8:00	Shower, get dressed, make-up, coffee, breakfast	8:15-9:00	Shower, get dressed, make-up, coffee, breakfast
8:00-9:00	Commute to work	9:00-noon	Work. Coffee break around 10 or 10:15, maybe take the dog around the block
9:00-noon	Work, maybe take a 15 minute break for more coffee at 10 or so	Noon-1:00	Lunch—not at my desk, on the patio or balcony if it's nice outside, in the kitchen or dining room if it's not. If time play with the dog, take him out for a walk
Noon-1:00	Lunch—usually out, or in the break room	1:00-5:00	Work. Online or telephone meetings, and connect with my co-workers over skype / zoom or the phone. A coffee break or two—take the dog around the block
1:00-5:00	Work. Usually when I book meetings, and connect with my co-workers. I'll usually take a break or two for coffee or a quick walk around the block	5:00	Shut down work computer, turn off work phone.
5:00-6:00	Leave work and commute home.	5:00-6:30	Do something to disconnect from work. Walk the dog again? Chat with someone online.
6:00 / 6:15ish	Get home, walk the dog	6:30	Start making supper
6:30	Start making supper	7:00ish	Eat, relax, watch tv, connect with family or friends online or by phone
7:00ish	Eat, relax, watch tv	11:00	Walk the dog
11:00	Walk the dog	11:30-12	go to bed
11:30-12	go to bed		

