

Daily Structure in Self-Isolation

Diversity is key to maintaining structure and patience while the world overcomes the current pandemic. Structuring your day to include various activities can help keep spirits up, boredom down, and you might even find something new that interests you. Below are four categories of focus. Each day, pick an item from each of the categories and incorporate it into your daily structure. Print this off and add your own items to it!

| BODY | ~ | MIND | ~ | RESPONSIBILITY | ~ | SOCIAL | ~ |
|---|---|--|---|--|---|--|---|
| Stretch or try some virtual yoga | | Write three things you are grateful for | | Complete one deep cleaning chore | | Connect with a family member | |
| Go for a solo walk or bike ride | | Journal your intentions for the day | | Organize an area that is often neglected | | Connect with a friend, local and international | |
| Do a home workout | | Exhale deeply, often | | Prepare your taxes | | Support local charities | |
| Switch from a sitting activity to a standing activity periodically | | Limit your exposure to news and social media | | Cook a meal you have always wanted to try, but never felt you had time | | Reach out to a vulnerable person and offer to help them access supplies | |
| Take time to nurture yourself with a bath, self- massage, light a candle | | Learn a new skill (i.e. technologically based), language, hobby (i.e. knitting, painting), or read a new book | | Perhaps you have a business or creative idea you have wanted to explore and research, now is the time to do that! | | Join an online game/app and compete with friends and others | |
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What a Structured Day Self-Isolating May Look Like...

Wake up naturally or with an alarm

Have breakfast and watch enough news to stay informed

Reply to social messages OR complete professional work

Do some at home movement or physical activity

Shower and have lunch

Continue professional work or stimulate your mind with a book or other learning

Take a break and go for a solo walk

Do a hobby or chore (i.e. bake, build, clean, organize)

Make and eat dinner

Connect with a friend of family member through a video conferencing platform

Watch a TV show, read a book, take a bath, meditate, journal, colour, etc.

Get ready for bed

Sleep at a consistent time every night for optimal sleep-wake cycle

*Remember that your schedule can be flexible and you can decide which activities you want to do at what times. Keep in mind that diversity creates resiliency in keeping spirits high and prevents boredom. Do not be afraid to try something new!