



## Find the Right Balance of Structure and Flexibility

Everyone is experiencing significant disruption to former schedules. However, a framework for structure can help maintain and cultivate habits that promote health and reduce vulnerability to exhaustion and hopelessness. Take some time to create a schedule that feels feasible while also prioritizes your physical and mental health.

### What should I include in my routine?

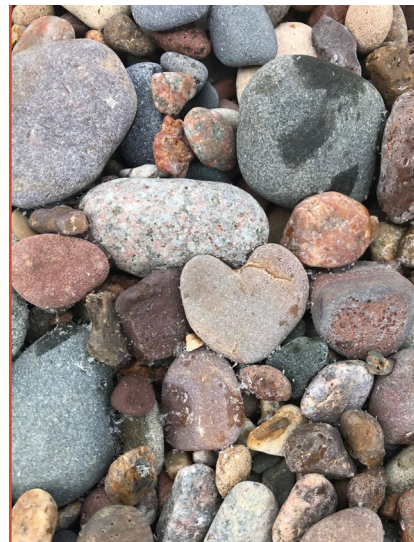
- **Your first priority should be your basic, physical needs.** Schedule time for sleep, exercise, nutrition, and basic self-care.
- **Next, build in time each day for taking care of your emotional, intellectual, and spiritual needs.** Schedule even short periods of time for physical or mental breaks, social connection, meditation, or prayer.
- **Finally try to make time for activities that bring you joy and comfort.** If possible, prioritize at least one small enjoyable activity each day. During this planned activity, try to use mindfulness to stay present and focused on your experience, so that you are able to notice and relish it to the greatest extent possible. For or 3 parts of the day that went well, even if they were small moments.



### Resources

More resources on maintaining routine:

- [Stay Calm and Create a Daily Routine During the COVID-19 Crisis](#), Columbia News
- [Creating Impeccable Structure for Your Life](#), Zen Habits



“I do my best because I’m counting on you counting on me.”

- Maya Angelou