The importance of Routine (Always not just for Now)

The temptation to spend all day watching Netflix, Tiktok videos in our pajamas may have been novel in the beginning of this journey. But as is true for all things, too much of a good thing becomes bad.

To stay calm and generate a sense of normal, structure and routine are essential (no pun intended).

Plan as you would a work day

Get up, brush your teeth, make your bed, get dressed in something other than your pj's

A simple hygiene routine makes a world difference to your mood and your outlook for the day ahead. Oh and make your bed..

What else:

EAT PROPERLY: balanced meals at normal meal times

EXERCISE: at least 30 minutes daily. A dance party with the kids, follow an online fitness instructor, build and do an obstacle course with the kids

MAINTAIN SOCIAL CONTACT: Scrolling through your social media for hours does not count.

Make coffee dates via WhatsApp calls

Connect with those you don't usually get to spend time with via a video lunch

Create some time to connect with family and friends (do this for your younger children too)

LIMIT ACTIVITIES THAT CAUSE ANXIETY: Set boundaries for when you are going to follow the news from reputable sources and stick to it. There is such a thing as too much!

Reach out if you are struggling to cope

social@maristsj.co.za – Cheryl Neeson

SADAG South African Depression and Anxiety Group www.sadag.org

Cipla WhattsApp Chat line:076 882 2775