

How to create a new routine

It used to go something like this: wake up, get ready, drop off kids, commute to work. Repeat. But now that our typical routine is disrupted, it's suddenly more challenging to maintain a sense of normalcy, and the healthy habits we've worked hard to achieve. The more we stick to a new routine, though, the easier (and more automatic) it becomes. Having structure and consistency will help you create a new normal to balance *all the things.*

WHAT TO DO

Use the steps below to help add structure to your day.

1

DECIDE WHAT'S IMPORTANT.

Make a list of what really matters to you. Maybe it's daily work responsibilities, keeping your family happy (and occupied), or staying on track with your goals to eat well, be active, and take care of your mindset. Be sure to include both what you need and what you want to do.

2

ADAPT ACTIVITIES.

Was Thursday night your go-to happy hour outing with friends? Don't change that! Invite your buddies to a FaceTime version, and virtually cheers. Have an "I'll do it someday" list? This is a great time to tackle it. Start a daily meditation practice or clean out that under-the-stairs cupboard.

3

MAKE A PLAN.

Once you know what you want to do, create a schedule. Start with tomorrow. Post it on your fridge or somewhere easy to see. Don't forget to be kind to yourself as you get used to things; it takes time to settle into a new groove. And be sure to make any needed changes along the way!

