



Healthy routines

Routines play a large role in our everyday lives including how and when we set aside time to relax, unwind and reflect on the day. Some of the most common things that need to be done every day including work, cleaning, cooking, exercising, taking care of family, and getting an adequate amount of sleep can be overwhelming. Below are a few tips and tricks to help you adjust your daily routines to allow for more time for yourself and your family and positively impact your overall mental well-being.

1. Plan your day, stick to a schedule

Having a structured day can help you to keep moving throughout the day and be productive. Even the simplest schedules can be effective to ensure that you have time to eat meals throughout the day, fit in exercise, have conversations with family and friends, and even schedule your own time to relax. Sticking to a schedule will allow you to hold yourself accountable to do all the things that you would like to accomplish each day.

2. Sunshine, and plenty of it

Open the blinds, sit outside for a little; some vitamin D from the sun can play a major impact on your mental well-being for the day.

3. Dress for your day

Waking up and getting dressed for the day may sound minor, but by simply getting out of bed and changing from pajamas into clothes for the day, whether it's comfy, casual, or professional, can help to boost your mental state and have long-lasting effects on your mood and motivation for the rest of the day.

4. Expand your existing habits

If you normally drink your morning coffee in the car on your way to work, set a goal to allowing yourself extra time in the morning to sit at home or outside and enjoy your coffee.

Walgreens

5. H2O

Water is essential in your whole well-being. Drinking an adequate amount of water will help to avoid dehydration which is known to cause mood changes. While the CDC does not define any specific recommendation surrounding plain water intake, the U.S. National Academies of Sciences, Engineering, and Medicine recommends a daily fluid intake of:⁴

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

The recommendations above include intake of fluids from water, other beverages, and food. Around 20% of your daily fluid intake is from food while the other 80% comes from drinks.⁴

6. Healthy foods

Healthy foods and a balanced diet are essential to maintain a healthy weight and remain physically fit. Nourishing foods are also important to maintain a healthy mindset.

7. Goals

Setting goals for yourself, whether big or small, are of equal importance for your day-to-day well-being. Small goals of moving more throughout the day or eating regular balanced meals can be easily accomplished and can have positive help benefits. Longer-term goals, such as running a marathon or traveling, allow you to continue working towards something and help you keep your mind set on achieving them.

8. Limit screen time

If you struggle with falling asleep at night, limiting the amount of time spent on your phone, tv or computer can help your eyes and brain to unwind and relax, allowing you to get a better, rested, full night's sleep.

9. Take care of your body

Be sure to exercise regularly. Everyone's routines may look different, but it is important that you are moving regularly. Starting small is okay—going for a short walk or stretching can have a big impact on

your overall well-being. According to the Centers for Disease Control and Prevention (CDC), for the most health benefits, adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate—and vigorous—intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.³

Please consult with your doctor before you begin any exercise regimen.

10. Connect with family and friends

Try to connect with family members or close friends regularly via a phone call or meeting together in person. It is easy to get caught up in busy days, but making time for even short conversations every day can have positive long-term effects on your overall well-being.

References

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