

OTR



MIND AID



***SELF HELP RESOURCE:
YOUR ROUTINE***

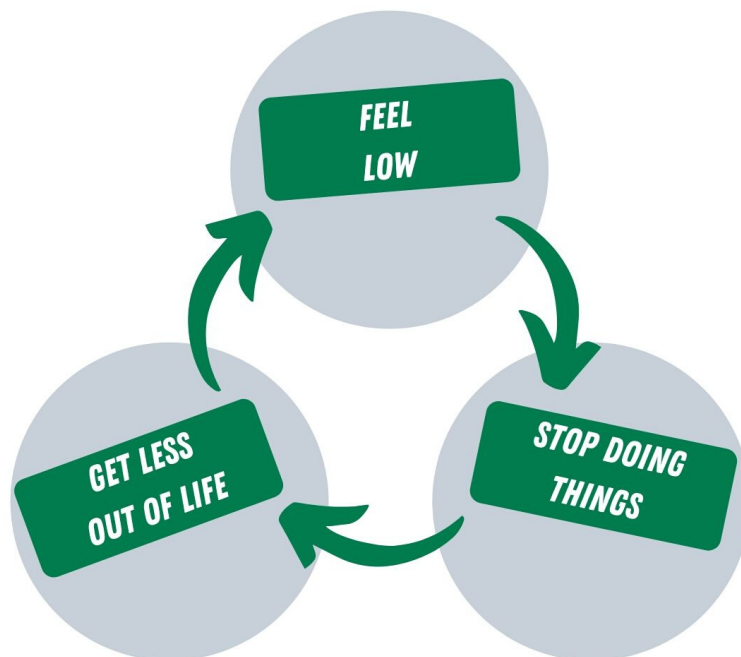
RE-THINKING YOUR ROUTINE

So: school is closed, we can't go out much, or even at all, and it can feel like there is a lot to worry about. It's fair to say everyone's lives are being affected in one way or another whilst we stay at home. In particular many of us will no longer be able to do the things we used to and we need to create new routines.



In **Mind Aid** we recognise that what we do with our time has a big impact on how we feel and the kind of thoughts we have.

Sometimes not doing enough of the activities we enjoy or things that are important to us can leave us feeling low. Once we start to feel low we are even less likely to have the energy and motivation to do things and may find ourselves stuck in a cycle of feeling low, doing less and feeling worse. To break this cycle we need to start re-building our routine bit-by-bit so we get more out of life.



Right now thinking about your routine and how you can use it to support your wellbeing is relevant for everyone whether you're feeling low or not.

This workbook will help you re-think your routine to boost your mood. We'll provide some helpful hints and tips for putting your plans into action.

LET'S GET STARTED

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RE-THINKING YOUR ROUTINE

STEP 1: IDENTIFY THE **ENJOYABLE**, **IMPORTANT** AND **DAY-TO-DAY** ACTIVITIES THAT MATTER TO YOU



Follow the steps on this page and the next to start identifying what activities can be part of your new routine.

Jacob from OTR has made a video to help you with this, you can watch it here:

<https://youtu.be/hcgFxQ4qZtQ> or search 'Re-think Your Routine (week 1) with Jacob from OTR' and find it on our YouTube channel OTR Bristol

ENJOYABLE

There are the things that make you feel good. These are very much down to individual choice. What one person enjoys another may really dislike. Try thinking back to the things you've enjoyed and how you can adapt them whilst staying at home. It might mean hanging out with friends through video calls, participating online in live streams of activities or getting some exercise to replace your sports activities.

What are your enjoyable things?

IMPORTANT

These are the things that if you don't plan time to do them may leave you feeling stressed, getting into trouble or missing out on something. Again this will be different for everybody but could be things like homework, helping out at home or something that helps you reach a goal like researching, planning or budgeting.

What are your important things?

DAY-TO-DAY

These are routine things that you help you feel comfortable and in control day-to-day it might be sleeping and eating well, looking after your hygiene, or more personal ways you have of managing, such as writing a list, having a routine and finding ways of relaxing. These day to day activities might be suffering a bit at the moment: under the circumstances we might get distracted from keeping them going, or feel they're a bit pointless, or just generally lose track of our routine a bit.

What are your day-to-day things?

RE-THINKING YOUR ROUTINE

STEP 2: MAKING THINGS HAPPEN



To make these activities happen we need a plan. First **break the activity down into the different tasks you need to do to make it happen**. Next think about **how to get the things you need for the activity**. Finally **get support from other people who can help you**.

Jacob is back with another video to help you:
<https://youtu.be/Hu1xYjFKFG0> or search 'Re-think Your Routine (week 2) with Jacob from OTR' and find it on our YouTube channel **OTR Bristol**

WHAT DO YOU WANT TO START DOING OR DO MORE OF?

Ride my bike for exercise

WHAT STEPS DO YOU NEED TO TAKE TO MAKE THIS HAPPEN?

- 1.
- 2.
- 3.

1. Get bike out of the shed
2. Plan where to go
3. Plan a time to do it

WHAT THINGS DO I NEED?

My bike, helmet, trainers, bike lock and key, water bottle, phone with Google maps

WHO NEEDS TO HELP ME AND HOW?

My sister to check my bike is okay and show me how to get to the park nearby
My Nan to remind me to do it

RE-THINKING YOUR ROUTINE **OUR TOP TIPS**



YOU CAN NEVER START TOO SMALL

When you're feeling low it's best to start small and build up your activity levels, you could try ordering your activities based on how difficult they are and start with the easiest.



PLAN A DAY AND TIME IN ADVANCE

The more specific you are about when you will do something the more likely you are to stick to it (and the harder it is to put it off).



REWARD YOURSELF

Be kind to yourself and plan a reward when you're done an activity (or even when you've tried your best). You might need this to help motivate you for important and day-to-day activities.



ASK SOMEONE ELSE TO HELP YOU

Some people find it easier to do an activity they have planned with someone else. You can also ask someone to remind you or ask you how it went.



CHECK YOUR MOTIVATION

When an activity has boosted your mood write a note to yourself about how you feel to motivate you next time. If you are struggling to do an activity remind yourself why it matters to you.



HELP YOURSELF REMEMBER

We all need help remembering what we need to do so use your phone, diary, post-its, calendar or anything else that helps!