

# THE IMPORTANCE OF ROUTINE

We know that structure and routine can help with our mental health and wellbeing. It's about so much more than having a timetable! Here are some tips on what a healthy routine might look like.



Spend some time sitting down and creating a timetable to give your day structure. Slot in time for regular breaks where you step away from work and relax, just like you would at school.



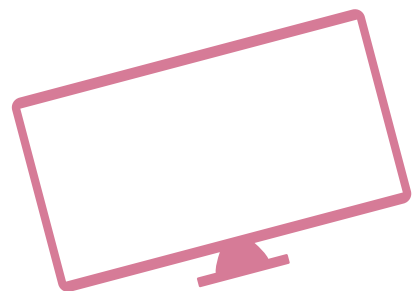
Think about where you will work best - setting up a work space will feel more productive than resting a laptop on your knees!

Maintain a good sleep routine.

Go to bed at a reasonable time, like you would if you were getting up for school in the morning.

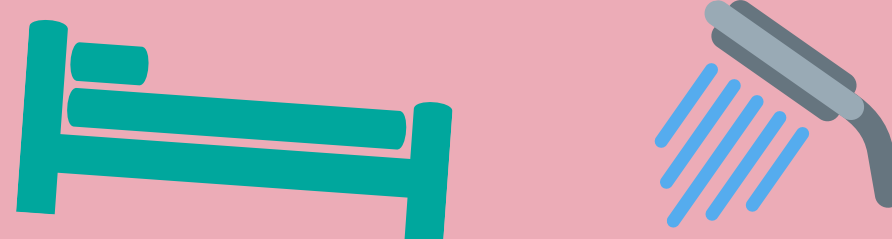
Set an alarm and try not to lie in too late.

Your brain will be able to function so much better with a decent night's sleep to help it out!



Set up boundaries with your screens. Whilst having some music on can help us to focus, sitting in front of the TV won't help with concentration.

Get the day off to a good start by making your bed, having a shower and getting dressed. These three things can really help you feel like you've achieved something early on.



Put your phone to one side during work time and then touch base with friends/family during one of your scheduled breaks.



Get regular exercise and fresh air. We are currently allowed to exercise outside once a day - make the most of this and head out for a walk, run or bike ride.



The positive effects of doing even mild exercise are huge. It's also really important to have a change of scenery and get out of the house where we can.



For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to [www.schoolinterviews.co.uk](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.

