

# CREATING HEALTHY ROUTINES

## TIPS FOR SUCCESS

### STICK TO A SCHEDULE

- Wake up at approximately the same time each day and continue your morning routine as you usually would
- Do your best to stick to your self-care routines before or after classes (ie exercising, etc.)
- Maintain a to-do list for each of your classes
- Celebrate wins by sharing with friends and family

### PLAN AHEAD & ASK YOURSELF:

- When are my most productive times of the day? (Schedule accordingly)
- What are my top 3 most important things to accomplish today?
- How can I incorporate an intentional break today, and what will that break include?
- What boundaries do I need to set today? (ie avoid distracting social media, negative news exposure, etc.)

### CREATE YOUR OWN WORKSPACE

- Keep your workspace separate from spaces where you tend to relax, as much as possible
- Post meaningful quotes, inspirational signs or other things that boost your mood
- Keep your workspace as clean and as organized as possible

### TAKE MINDFUL BREAKS

- Take a lunch break and consider connecting with a friend in person or via Zoom or FaceTime to eat together
- Take several short but intentional breaks throughout the day (Examples could include connecting with a friend, going outside, adding in time for favorite hobby, exercising, etc.)



**Student  
Well-Being**

MCDONALD CENTER

# PLANNING YOUR ROUTINE

What are some things that you'd like to prioritize as part of your routine specifically related to your academic pursuits?

What gets in your way of you accomplishing what you've listed above?

What are some things you can do to address the things that get in your way?

What are some things that you'd like to prioritize as part of your routine specifically related to your personal well-being?

What gets in your way of you accomplishing what you've listed above?

What are some things you can do to address the things that get in your way?

How can you reward yourself for successfully sticking to your routine?  
How can you celebrate small wins and who can you celebrate them with?