



## **What a Structured Day Self-Isolating May Look Like...**

Wake up naturally or with an alarm

Have breakfast and watch enough news to stay informed

Reply to social messages OR complete professional work

Do some at home movement or physical activity

Shower and have lunch

Continue professional work or stimulate your mind with a book or other learning

Take a break and go for a solo walk

Do a hobby or chore (i.e. bake, build, clean, organize)

Make and eat dinner

Connect with a friend or family member through a video conferencing platform

Watch a TV show, read a book, take a bath, meditate, journal, colour, etc.

Get ready for bed

Sleep at a consistent time every night for optimal sleep-wake cycle

\*Remember that your schedule can be flexible and you can decide which activities you want to do at what times. Keep in mind that diversity creates resiliency in keeping spirits high and prevents boredom. Do not be afraid to try something new!