TIPS FOR SETTING A ROUTINE

Setting and maintaining a routine whilst isolated at home can assist in keeping you motivated and help maintain your physical and mental health

1. If you are still having lessons delivered remotely or work set, treat it the same as a lesson in school! Have you equipment ready and any reading completed.

2. Set an alarm to wake you up at the same time each day in the week. Don't wake up at 8am on Monday and 11am on Tuesday!

3. Designate times in your day for work, lunch, exercise, relaxation and bed and stick to this in the week.

4. Speak with your family and those you are isolating with about space. It helps to have a designated space where you can work for the day. Where could this be?

5. Limit your news and social media intake - try turning your notifications off on your phone.

6. Set a plan the next day: is there anything you know you need to do or anything you need to achieve?