



THIS WOMAN TRIES TO BRING STABILITY INTO HER LIFE BY CREATING A QUARANTINE ROUTINE, PEOPLE FOLLOW HER EXAMPLE

Quarantine Routine

7am - Wake up

- skin care
- stretch
- make bed
- eat breakfast
- get dressed

8am - Something for the soul

- meditate
- read

8:30 - 11:30 Something for the brain

- attend online lectures
- do homework/study
- read for school
- work on puzzles if all done!

12:00-1:00pm - Lunchtime

1:00-1:30pm - Spend time outside

- Choose one:
- reading
 - sun bathing
 - go for walk

1:30-2:30 - Something for the body

Choose one:

- yoga
- HIIT
- bike
- treadmill
- body weight/weight training

2:30-3:00 - Something productive

Chores

Choose one:

- clean out drawers
- clean/whiten shoes
- wash makeup brushes

3:00-4:00pm - Something for the heart

hobbies

Choose one:

- bake
- paint
- garden
- read for pleasure
- cook

4:00-6:00pm - Something fun

- be lazy (netflix, movies etc.)
- board games
- social media

6:00-7:00pm - Dinner time!!

9:00-10:00pm - Winding down

- take sleeping pill/vitamins
- shower
- face mask
- journal
- express gratitude
- sleep by 10

Read and decide if the sentences are TRUE or FALSE.

1. She wakes up at 7 am. ☐
2. She always has breakfast. ☐
3. She usually plays music at 8 am. ☐
4. She never meditates. ☐
5. She has dinner before having a shower. ☐
6. She goes to bed at 11 pm. ☐