



CATHOLIC SCHOOLS *in the*
ARCHDIOCESE *of* NEW YORK

Faith-Based. Future-Focused.

Office of Early Childhood Newsletter

DEAR FAMILIES,

The disruptions caused by the Pandemic have dramatically changed many of our normal routines, which makes it that much harder to cope with everyday stressors. Even if you don't typically thrive on a strict schedule, having a routine can be helpful in times of unpredictability, uncertainty and stress. We are creatures of habit and routines offer a way to promote health and wellness through structure and organization. During times of great stress maintaining structure and routine can help you to feel more organized and in control. It can also improve your focus and productivity.

RESOURCES:

The Mental Health Benefits of a Daily Routine:
blurtiout.org

18 Reasons Why a Daily Routine is so Important:
skilledatlife.com

The Importance of Maintaining Structure and Routine During Stressful Times: verywellmind.com

Health Benefits of Having a Routine: nm.org

Why Routines are Good for Your Health:
piedmont.org

BENEFITS OF HAVING A ROUTINE:

Routines reduces our stress levels. Trying to remember all the things we need to do can be stressful and overwhelming. When we have a routine, we don't have to think about many of the things we need to do daily. Routines can take the guesswork and uncertainty out of parts of our day.

Routines help us to cultivate positive daily habits and prioritize self-care. Organizing our time gives us the opportunity to build in blocks of time for things that are important to us. This can allow us to build in daily habits that help us with our mental health.

Routines can help our sleep cycle. Sleep is really important for our mental health. Going to bed and waking up at the same time most days allows for our body to get used to a set sleep-wake cycle. By having a regular sleep routine, we should find it easier to fall asleep and stay asleep.

Routines allow us to build in time for the important things. This includes rest, relaxation and fun. This may include spending more time with your family, doing things with your children and hobbies.

Routines can help us to maintain a healthy diet. It is really time consuming to plan, cook and eat a healthy diet. A routine helps us to block out some time for cooking, eating and cleaning up.

Routines can help us to fit exercise into our day. Not all of us are a fan of exercising but it can help to elevate our mood. It can be very difficult to fit exercise into our daily schedule. Even if we only decide to exercise a few times a week, by using a routine we can create time to participate in the exercise of our choice.

Routines make us more efficient. Following a daily routine reduces the need to make decisions each day. It enables us to know exactly what tasks we need to do each day without having to decide or think too much. When we are finished with one task, we know what comes next without having to think about it.

