

Importance of having a routine— **WEEK 2**

INTRODUCTION

Hi guys! We hope you are doing well at home.

Your mental health is just as important as your physical health. The counsellors at Monash College are here to help you get through this challenging time. We want to help you learn new strategies to cope with studying from home.

Each week we will focus on a different aspect of your mental health, starting with the importance of routines in helping us all cope with challenges. Having regular routines helps us to cope with change by focusing on the things we can control. Right now, you might be feeling very uncertain so this is a good time to create some helpful routines. This could be as simple as having regular waking and sleeping times, regular times for meals, study, connecting with friends and family, and getting household chores done.

On the next page, there is a template that can help you set a regular routine. "Todoist" is also a useful, free App which helps you create helpful habits using your phone.

From,
your Monash College Student Counsellors,
Megan, Fereshtha & Carlyn



See next page to access the Daily Planner

My Daily Planner

Date:



TODAY'S SCHEDULE

For example, 7am wake up

TIME	ACTIVITY
<input type="checkbox"/>	Wake up
<input type="checkbox"/>	Breakfast
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	Lunch
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	Dinner
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	Bedtime



IMPORTANT TASKS

Make sure to include: your virtual class times, independent study, meals, and self-care activities.

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SELF-CARE

These activities are just as important as your study. Try and include at least one activity under each of these headings

Exercise:

Chores:

Relaxation:

Connecting:



REFLECTION

What worked well?

What might I try differently tomorrow?



MONASH College

Need to talk? Book a phone or video appointment with a counsellor <https://counselling.monashcollege.edu.au>