

# Build Your Best You

We're all learning and moving forward together. Laying out a plan and **adjusting routines to include academics, movement, mindfulness and quiet time to focus** may help you feel a sense of control that can seem out-of-reach during challenging times.

**Try building a schedule like this one to help you stay on track.**

morning

**8:00** Choose a fresh start. Wash your hands well and find a nice area to eat a healthy breakfast outside if the sun is shining!

**9:00** Academic time. Just because classes are online doesn't mean there isn't learning to be done. Set aside chunks of time to work on projects and plan for the future.

**11:00** Get moving. Go for a walk outside or find a workout video online to help keep you energized. Breaking up the day helps you stay focused.

**12:00** Mindful time. Take a few minutes to write, draw or listen to music or a meditation. This will help break up the day and keep you motivated to get things done.

afternoon

**1:00** Lunch break. Wash your hands and take time to eat a few servings of fruits or vegetables. Sugary snacks can cause a brain fog if you eat them too often.

**2:00** Academic time. Switch up your space if you can. Try reading or tuning into a lecture while you enjoy time outside while keeping appropriate social distance.

**4:00** Clean up. If you've been in the same space all day, take a few minutes to tidy up, wipe down surfaces and get organized. This can help fuel learning.

evening

**5:00** Just keep learning, just keep learning. Make a list of the work you want to get done today and tomorrow. Check things off as you go helps increase motivation.

**7:00** Find a good place to stop for the night and allow your mind time to rest. Wash up, get something to eat, take a walk-- whatever helps you relax after a busy day.

**8:00** Call to check in with your friends and loved ones. Keeping in touch with those around you is important and helps you both feel connected and grounded.