



Ascension

The Importance of Routine During Chaotic Times

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When COVID-19 chaos hit, life changed in the blink of an eye, and in that moment, so did familiarity, structure, and routine!

Whether our daily routines were loosely based or very structured, it gave us an idea of what our day looked like and what we aimed to accomplish. With the pandemic came the closing of businesses, daycares, and schools, which forced us to make changes and accommodations to our daily routine.



allow us to free up mindspace and energy for other essential tasks.

All in all, routines can anchor us! Routines help us feel like we have control over our lives. The certainty of a routine helps us to manage the

There are a lot of benefits to following a daily routine. Routines help reduce stress, remind us of what's important, help us create healthy habits (or unhealthy habits if we're not careful), and remind us to prioritize self-care. Routines

uncertainties that life can throw at us. And well done coronavirus, you have thrown the biggest curveball of uncertainty at us than the world could ever imagine!



The impact of COVID-19 left no person untouched.

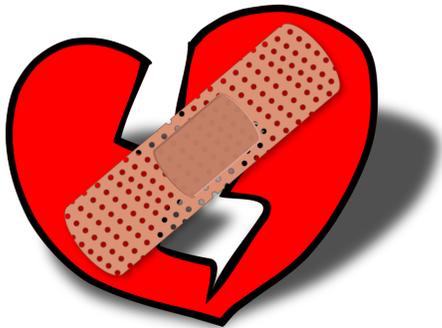
Whether you are considered an essential worker, have the ability to work from home, were placed on furlough, or are now unemployed, our days look different and for some, finding a new routine may be a struggle.

The changes that came with COVID-19 and the safer at home order, impacted each of us mentally, emotionally, physically, and spiritually; leaving us scrambling to develop and find our "new normal" in a time where nothing is, or feels normal. And yet perhaps now, more than ever, is a time to have a routine in order to offer us the

foundation for stability, daily expectation, and accountability.

Acknowledge and grieve

Prior to jumping right into a new routine, it's okay to acknowledge the losses that we're experiencing and to grieve the many things we may have lost. Some losses may include the feeling of freedom and normalcy, interaction with others, time alone on our commute, for essential workers, the feeling of safety and security, and for some, the loss of employment. These are heavy losses that can come with heavy emotions, and it's okay to allow ourselves that space to feel.



How do I develop a new routine?

There are a variety of ways to develop a new routine, but here are some basics. Begin with creating a list of what's important or essential for you to complete each day (or weekly). Next, place those tasks in order of importance. Finally, create a visual schedule by writing out what time of day you are going to complete each task. You can even get as specific as outlining wake up and bed times, school times for the children, meal times, exercise times, etc.

A few tips to keep in mind. Some people are early birds, and others are night owls. Structure your day to fit the lifestyle your most productive

in. If you're an early bird, tackle those tasks that require more brain power in the morning hours, and vice versa for night owls. If you often find yourself in a midday slump, that might be the best time to do the boring, mundane tasks that are more of a habit and require little mental energy.

Also, once your routine is developed, give it a couple of weeks to determine what's working, what isn't, and tweak it accordingly. Many are in a position where they are wearing many hats and playing different roles, such as teacher from home. It's going to take time to find something that works for the whole family, and then time to settle into the new routine. Remember, everyone operates at a different pace. Be patient, kind, and respectful towards one another.

Employee Assistance Program

If you or your family is struggling to find a new routine amidst the chaos, contact your Employee Assistance Program today. Services are free and confidential.

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