



Write-In Daily Schedule

Schedules are critical for reducing stress at home. Post a daily schedule for you or your family for rising, breaks, meals and bedtime. Use the self-guided resources on this site for more ideas around stress, sleep, family, healthy eating, and exercise.



Rise

Plan out your morning routine, whether it's, getting dressed, eating breakfast, movement or journaling.



Break

Be sure to take a break from your screen everyday by preparing and eating lunch, or taking a walk outside.



Wind Down

Create a quiet bedtime routine for yourself or your family that consists of baths, reading, meditation, or drawing.

TIME INCREMENTS	ACTIVITY / TASK / FOCUS
6:30 – 7	Make coffee and walk the dog