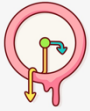
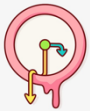


TAKING CONTROL IN A WORLD WITH NO SCHEDULE!

Remote learning has changed everything!



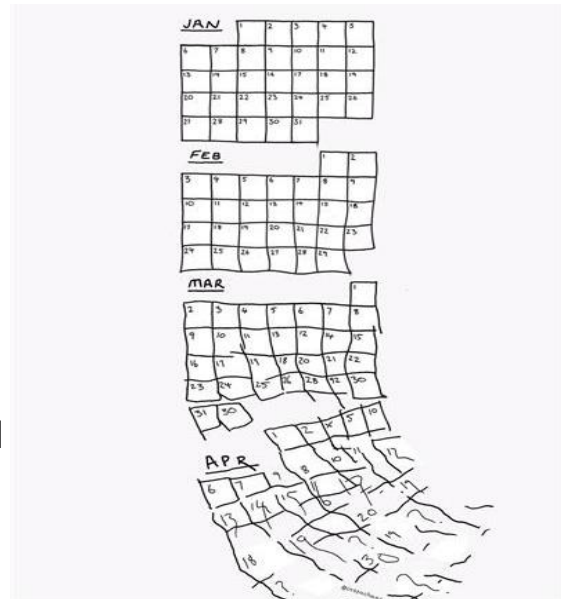
Are your days all starting to melt together?



Are you missing appointments, classes, assignments, or even meals or sleep?



It's difficult when we don't have set routines, such as classes to attend or meetings at a certain time.



If any of this sounds familiar, you are not alone!

Adapting to this new lifestyle by creating a daily structure that works for us can help us maintain control of our schedules and lives.

SOME EXAMPLES OF THIS ARE:

- ★ **Defining Days Through Habits** – Think “Meatball Monday”, Call Grandma Day, etc.!
- ★ **Setting Working Hours** – Decide on what and when your school hours will be and stick to them! Even though you have nowhere to be, you can set your alarm or schedule a reminder, and have class time, just like you would if you had somewhere to be.
- ★ **Using a Planner** – This is not just limited to a paper calendar book! You can get creative in whatever way works for you, with a white or bulletin board, post-it notes, etc.
- ★ **Creating a Workspace** – Where will you work? How can you be intentional about making it free of distractions, comfortable, and inviting for yourself?
- ★ **Leaving the House** – Take breaks by going on walks to get fresh air, eat your food outside, or whatever else works for you to move your body, change your scenery, and step away for a while.

***What are your ideas? Share with a trusted person and ask them for their also.
Learning from each other helps us grow!***