

5-Steps to Managing Yourself At This Time

People will be staying at home for the first time this week due to the Coronavirus. For some, prolonged periods of time at home is more normal than others. If you have been advised to remain at home, here are some guidelines to managing yourself well at this uncertain time.

1. Routine

Develop one. It might look different to your regular routine, but it is important to get up and get dressed. By getting up and getting dressed you are getting your mind ready to start your day.



2. Plan Your Day

A daily schedule could help – from the when you wake up until you go to bed. You could include things like: Meal times, training/conditioning times, school, college, uni work, 'work from home' work, and importantly, set yourself some downtime.

3. Go Outside

(if safe to do so)
Get some air, walk the dog, stand in the back garden.

Daily Schedule

Week Commencing:

NOTES:

- Call a family member or friend on facetime/whatsapp/skype every day
- Walk the dog
- Meal Prep X number of meals on Sun pm
- Check in with S&C coach on Wed

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
0600 – 0630	Alarm						
0630 – 0700	Breakfast 1				Alarm		
0700 – 0730			Alarm & Dress		Run (if allowed outside)		
0730 – 0800	Training Session 1		Breakfast 1		Breakfast		
0800 – 0830			Free Time, Make phone calls		Shower & Change		
0830 – 0900	Shower & Dress						
0900 – 0930	Breakfast 2		Physical Prep		School/ College/ Uni Work		
0930 – 1000							
1000 – 1030			Session 1		Break		
1030 – 1100	Work						
1100 – 1130							
1130 – 1200	Fresh Air (if ok to do so)		Shower & Change		School/ College/ Uni Work		
1200 – 1230							
1230 – 1300	Lunch Break		Lunch Break & Free Time		Lunch Break & Free Time		
1300 – 1330			Go outside				
1330 – 1400			Free Time – Or complete items on 'to do' list, Eat Snacks		Training Session		
1400 – 1430	Training Session 2						
1430 – 1500							
1500 – 1530	Shower, Snacks & Change						
1530 – 1600			Session 2		Shower & Change		
1600 – 1630							
1630 – 1700	Work & Eat Snacks				Free Time		
1700 – 1730			Shower & Change				
1730 – 1800	Dinner		Dinner		Dinner		
1800 – 1830							
1830 – 1900					School/ College/ Uni Work		
1900 – 1930			Free Time – Or complete items on 'to do' list				
1930 – 2000	Free Time						
2000 – 2030					Free Time		
2030 – 2100	Bed at 2130pm		Bed at 2200pm		Bed at 2200pm		

4. Take a Break

Take regular breaks throughout the day. Many of you will have heard about the Pomodoro Technique where you break your day into 25 minute chunks of time/5min break (see infographic). Stand up, stretch, move around, hydrate, engage with other people, practice some mindfulness



5. Engage

Connect with other people. Identify your support network. Write down who they are. Use the technology available to you.

