



# ESTABLISHING A NEW NORMAL FOR HOME



When so many things are changing rapidly, it's hard to consider investing energy into a new routine. It may feel like the moment you get settled into it, things will likely change again. That's valid; however, the reality is that nothing you're experiencing now is similar to anything you've done or been through before and that can be very unsettling in the day to day.

In order to establish a new normal, knowing it could change again soon, try taking a lighter approach.

## **Take 15 - 20 min and ask yourself these questions:**

1. What is expected of me right now related to my work, my parenting, my caregiving, etc?
2. Are there any patterns that emerge in those expectations? For example, if you have to log into work each day at 8:30 AM and your child has to log into school each day at 9:00 AM, then there is potential for overlapping priorities and that creates a pattern. Take a moment to consider what overlaps occur in your day to day priorities.
3. Once you have a sense of the patterns, how might you construct your daily routine? In the example above, if you need to be logged into work at 8:30 AM and your child needs to be logged into school at 9:00 AM, then you know that your child needs to be up and ready to start their day when you need to be online.

## **Here is a sample morning routine for that example:**

- 7:00 AM - Wake up and shower
- 7:30 AM - Get dressed/personal grooming routine
- 8:00 AM - Breakfast
- 8:15 AM - Help children get ready for their daily school work
- 8:30 AM - Log into work
- 9:00 AM - Help child log into school

4. The next thing to consider once you have a general timeline for your day is to consider whether it's realistic. This is perhaps the most important part of establishing a healthy new normal that supports your well-being in difficult times. We attempt to be excellent. We forget the emotional work load of responding to challenges that arise. Create a routine with lots of flexibility.
5. Consider what you need for self care, like frequent breaks, time to move your body, time to prepare food, and time for relaxation. Build these things into your daily plan.

Perhaps, it feels overwhelming to create something like this when in a few weeks it may change again. However, having an understanding of your needs and priorities and how they will be met throughout the day can be very helpful. If you live with other people, be sure everyone is aware of the daily plan and invite them to be helpful team members. Write the plan down somewhere where everyone can see it and refer to it.

Remember, the goal of this plan is not to live perfectly within it, the goal is to have a semblance of order. There will be many opportunities that require flexibility from the plan. Grant yourself and those around you flexibility when necessary and extra grace and kindness. The daily plan should help orient your household in a new way that gives everyone a framework.