

# WHEN EVERYTHING HAS SUDDENLY CHANGED

## 9 tips for your daily routine

Everyday life has changed for most people in this extraordinary situation and, due to the necessary restrictions, increased adaptability is required in many different areas of life at once. Activities that would normally have provided a little time out, fresh energy or simply some distractions are currently not possible.

In uncertain times, when there is a lack of structure from the outside, building up your own routine can provide orientation, a feeling of control as well as stability and become

a source of predictability and satisfaction. Above all, pay attention to your individual needs and be creative when creating your personal day-to-day routine.

**There is no such thing as one proper way of organising your routine.**

**We would like to present some possible building bricks for more structure in everyday life.**



Weekly schedule & more tips for staying at home (download)

Set some **firm anchors** such as a regular times for getting up (see our weekly schedule for download), morning rituals, meals etc.

Dress as if you were going to the university or other meetings as usual. Dressing up in **regular clothes** at home is helpful to start the day with more energy.



[Weekly schedule \(PDF\)](#)

**CREATING DAILY ROUTINES AND RITUALS**



# 2

Unexpected free time offers the chance to rediscover **former hobbies** or **try new things**.

Get suggestions from the list of enjoyable activities and plan at least one enjoyable activity every day.

Engaging in **positive activities** can also help to improve your mood.



**(RE)DISCOVER OLD  
AND NEW HOBBIES**



List of pleasant activities to do at home (PDF)



## THOUGHTFULNESS AND GRATITUDE

### 3 Write down your thoughts regularly.

If you have a tendency to overthink, it is recommended that you limit your writing time to 20 minutes using a stopwatch to not get lost in circles of thoughts.

It can also be helpful to skim over the written text at the end and underline the five most important words in order to organise your thoughts. By writing, you can find words for your feelings, **distance yourself from worries** (e.g. consciously put your notes in a drawer after writing) or **direct your thoughts in other directions**.

One possibility is to consciously focus on **two or three things that you are grateful for** at the end of each writing session.

# 4

## Short check-ins with yourself

Consciously pause what you are doing for a short moment and ask yourself how you are doing psychologically (e.g. on a scale from 1 to 10).

more than miserable

very good



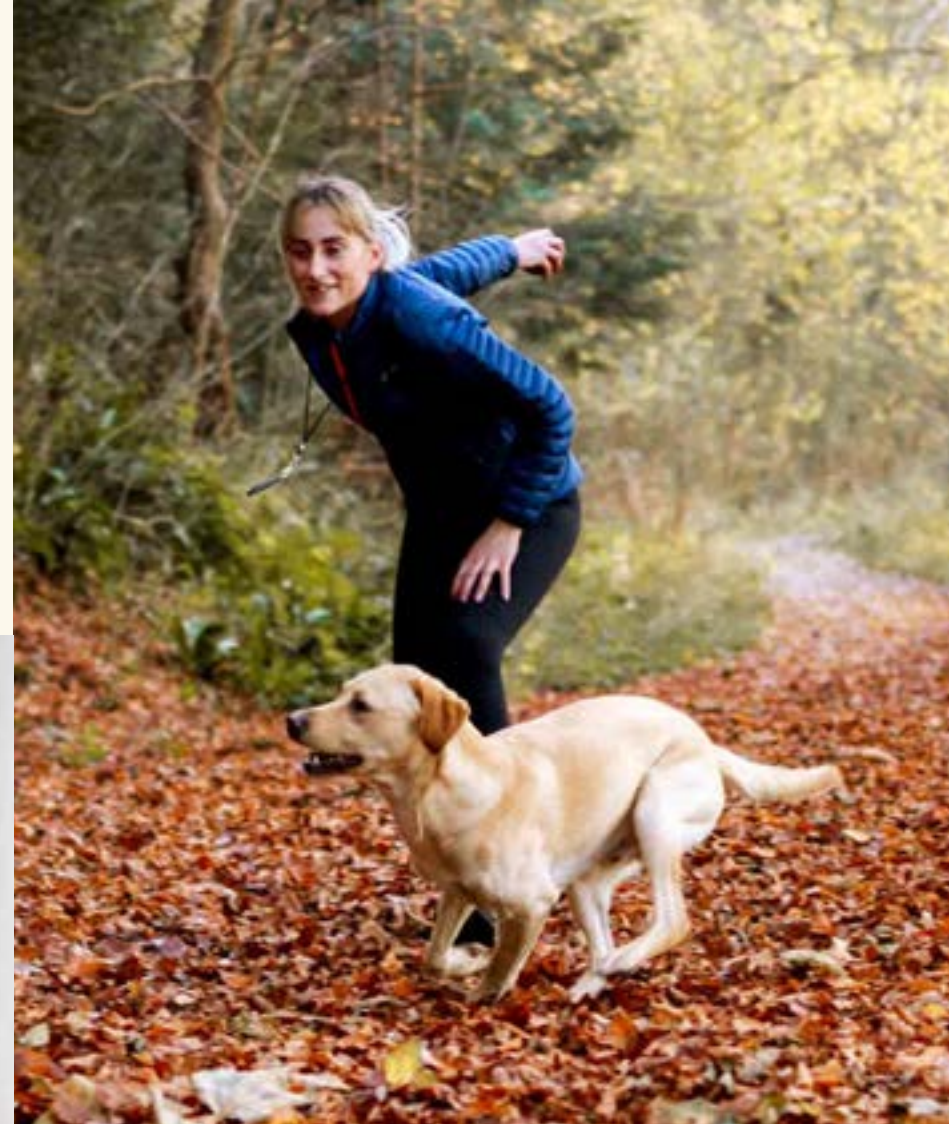
Is there anything you need at the moment to move towards 10?

It could for example be, helpful to let go of certain ideas „how something should be“, accept the „state of affairs“ or just to take a few deep breaths.



5

Go out into to get **fresh air** regularly and consciously **enjoy the daylight**. On some days that might be just at the open window or on the way to the supermarket.



**TRY TO CATCH  
FRESH AIR AND SUN**



6

Mental health also includes **physical health**. Get or remain active!

Try to get some kind of exercise every day e.g. through **online sports courses**.



Centre for University Sports



Health Sports Centre of the University of Leipzig



University Sport of the HTWK Leipzig

**ACTIVE, FIT, AND HEALTHY**

# 7

Plan **fixed working hours** for learning or writing.

Consciously use social pressure such as **digital appointments** for learning together, e.g. with video calls.

Weitere Methoden und Tipps, die Ihnen dabei helfen, Ihre To-dos für die Uni zu meistern:



Managing university tasks in a structured way despite Covid-19 (PDF)





# 8

Test whether **conscious and perhaps limited news consumption** (e.g. max. twice a day) has an effect on your **psychological well-being**.

It is important to be informed, but **excessive news consumption** can also be a permanent confrontation with fears.



9

Make at least **one phone call a day** to keep in touch with friends and family. Pay conscious attention and, if necessary, get encouragement from others for yourself.

The current situation can also be a good opportunity to **refresh contacts** that have been forgotten by the hectic pace of everyday life.

**CALLING FRIENDS  
AND FAMILY**





And then, of course, there can be those days you spend from dawn to dusk in your pyjamas with your hand in a bag of crisps streaming series. And that is perfectly fine as well.

Accept that this is a particularly challenging time, **be patient and kind to yourself and don't get your expectations too high.** You are in a completely new situation right now, which of course affects your ability to work normally and can sometimes push you to your personal limits.

**WHATEVER WORKS FOR YOU**

**Start** as simply as possible **with two or three building bricks from this list with our tips.** If necessary, you can gradually add more over time, integrate new ideas or **extend established routines.**

You can also share your experiences with friends, fellow students and/or family members about their rituals and everyday activities to **get further inspiration** and/or support each other.

More helpful tips and suggestions for you to download:



Weekly schedule (PDF)



List of pleasant activities to do at home (PDF)



Managing university tasks in a structured way despite Covid-19 (PDF)



# PSYCHOSOCIAL COUNSELLING

free of charge

## Studentenwerk Leipzig

Center for Social Services // Gutenbergplatz 4 // 04103 Leipzig

Klinik und Poliklinik für Psychosomatische Medizin und  
Psychotherapie // Semmelweisstr. 10 // 04103 Leipzig



[studierendenberatung@studentenwerk-leipzig.de](mailto:studierendenberatung@studentenwerk-leipzig.de)



Website of the Psychosocial Counselling

anonymous if desired

consultation in  
English possible