



How to Create a Learning-From-Home Routine

Text by Christine Rees • Photo by My Life Journal



Now that we're spending most of our foreseeable time at home, how can we build a healthy and proactive routine? School is still in session *online*. Therefore, developing a beneficial learning-from-home routine can make a huge difference when it comes to concentration, balance, and mental wellness.

Wake Up at a Normal Time

Continue to wake up at a normal time, so your body stays on schedule. Additionally, this step will help improve your quality of sleep and maintain a regular bodily clock. After a while, you will start getting up without fighting your alarm.

Enjoy Breakfast

Now that you're not rushing out the door, begin your morning stress-free with a real breakfast and a coffee or tea. There's no excuse to skip it now!

Listen to the Right Music

Put yourself in a good mood by listening to songs that make you smile or dance around the house. It's a great way to start your morning.

Get Settled

Now, it's time to get comfy at your desk without being too comfortable. Grab a blanket (if it's chilly), make that second coffee or tea, and bring snacks. If you're working in a noisy area, consider wearing headphones so you can focus.



Photo by Brooke Lark

Block Out Social Media

At least while you work. There should be zero access to social media or even the news while you buckle down and study. These can spiral you down the social media rabbit hole—a difficult place to claw out of. Social media, in particular, may be tempting because it's right there on your laptop or iPad, but I strongly suggest ignoring it. Use a social media blocker if you have to or put your phone on airplane mode.

Use Headphones

As family members start to wake up, you may get sucked into conversations or overhear what people are doing throughout the house. Wear a pair of noise-cancelling headphones to stifle the noise and allow yourself to concentrate on your studies.

Take Breaks

Study breaks are necessary and good for you. They reduce stress, boost learning and productivity, and generally increase happiness. So, don't force yourself to sit there for hours and hours without taking a five or ten-minute break now and then. It's necessary for your health!

Physical Activity

Similarly, you shouldn't sit in one place for too long. Find ways to move your body and stretch those muscles! Go for a walk. Try yoga at home. Start an at-home workout routine. There's a number of activities you can do around the house! If you're looking for ideas, there are tons of ways you can stay sane and safe while physical distancing.

Sleep

Too often we find ourselves overly busy and we forgo quality sleep to compensate. Incorporate a good night's rest into your routine, so you feel refreshed and energized each morning. There's no need to stay up



Photo by Kinga Cichewicz

late every night because you will probably have free time during the day.

Creating a learning-from-home routine doesn't have to be difficult. In fact, there is something calming about maintaining a regular routine, even if it is inside your house. With all of the chaos happening right now, a little calm is a good thing.

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