



Team BWS

Routine



Find yourself spending all day in your pyjamas or remembering at 3pm that you haven't brushed your teeth because you knew you wouldn't be seeing anyone? Although in the short term it can feel nice to be lazy, in the long term this isn't going to be good for your mental wellbeing.

As far as possible, try to maintain as much of a routine as you can. Wake up and go to bed at healthy times to ensure you get enough sleep.

Although you want to maintain a routine, mind against just falling into a cycle of sleeping, working, eating, and repeating: Find some time to still have value to your day, life cannot be just eating and sleeping. Do something fun for yourself (that isn't just Netflix).

Humility Enjoyment Resilience Respect Discipline