

DAILY RHYTHM CALENDAR

MORNING

- ▶ Wake up / get out of bed
- ▶ Get dressed. Put on actual clothes as if you were leaving the house
- ▶ Have some sort of breakfast before 11am (not just coffee)
- ▶ Start your main activity - go to work, do school work, do house work, volunteer, etc.

MIDDAY

- ▶ Have lunch before 2 pm. This should be your largest meal of the day.
- ▶ Continue or start activity - work, school work, house work, volunteer, etc

EVENING

- ▶ Have dinner before 8pm
- ▶ Continue or start activity - work, school work, house work, volunteer, etc
- ▶ Reduce blue light level after 6pm
- ▶ Go to bed before 11pm.

Work these in to your daily routine:

Hygiene

Shower or wash daily, brush your teeth, use deodorant, change your clothes

Exercise

Do some sort of physical activity - stand up, walk around the neighborhood, walk around the house, stretch, lift weights, etc

Outdoors

Go outside for at least 5 minutes for fresh air

Social

Have contact with at least one person by phone or text, posting on social media does not count!

HEALTHY TRANSITIONS

**ROADS OF
INDEPENDENCE**



We are still here to talk and get you the services you need. Call or email us for help managing during this time.

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