

Daily Wellness Schedule

We all fall into a rhythm or a routine that either benefits or hurts our social-emotional wellness. We know the things that are good for us: gratitude, exercise, sleep, etc. The challenge is often making time for them. Here is a simple model routine that would give you an idea of how to fit these into an already full day.

Healthy Foods: Consider what food you're starting the day with, what your packing for lunch, what is in the pantry for snacks... eggs, whole grains, walnuts, lean meats, yogurt with active cultures, smoothies with leafy greens are all examples of brain healthy foods that can benefit your child.

Listen: Look for little moments throughout the day to ask your children intentional questions and really listen. Use quieter moments you already have in your day to facilitate bonding: car time, meals, folding laundry, doing dishes.

Self Care: Take an inventory as a family of the things that you each enjoy. Painting? Music? Playing with a pet? Make it part of your daily or weekly routine to find time for those things. Parents, set the example.

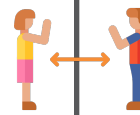
Sleep: Choose a bedtime that allows your child to get the recommended hours of sleep. Toddlers (11-14 hrs), Preschoolers (11-13 hrs), School Age Children (9-11 hrs), Teens (8-10 hrs).



Wake Up: Select a wake up time that doesn't leave you and your child feeling rushed. Make time to journal or read something encouraging to your child to set the tone for the day.



Social Connection: Encourage your child to spend some time connecting with friends. Whether a bike ride around the neighborhood, Video Calling, or chatting on the phone, nurturing those relationships will be more important than ever this year.



Exercise: Daily exercise is proven to reduce anxiety, depression, and negative moods by improving self-esteem and cognitive functioning. Make it fun with family push-up challenges, workout videos, and getting outside.



Gratitude: The practice of gratitude trains the brain to attend to positive emotions and thoughts. Dinner and bedtime is a great time to recount things that you are thankful for as a family.

