



**Sleep:** Social distancing and anxiety related to the current health crisis can quickly result in individuals sleeping longer hours at night and/or taking naps during the day. This is compounded by isolation and boredom, and results in less productivity and engagement in healthy activities.

**Potential Consequences:** fatigue, lack of drive, poor motivation, difficulty sustaining attention, and health related risks or complications.

**Tip:** Follow your regular sleep schedule, prior to the current crisis, for both weekdays and weekends.



**Routines and Schedules:** Many individuals have had their daily routines and schedules shift dramatically, due to changes in work hours, working from home, job loss, lack of day care or limited daycare hours, business closures, etc. These changes often result in depression and anxiety related symptoms, including frustration, hopelessness, uncertainty, and apprehension.

**Tip:** Follow your daily routine and schedule prior to the presenting crisis, specifically in the realms that are within your control. For example, you do not have control that your local gym has closed at this time, but you have the