MY COVID-19 DAILY ROUTINE

(What to do when you don't know what to do)

WAKE UP

Ground yourself

A morning routine sets the tone for the rest of your day. Incorporate mindfulness techniques to help you feel happy and present.
Try This!

- Deep Breathing (5 minutes)
  - Breathe in 1-2-3-4
  - Hold 1-2-3-4
  - Release 1-2-3-4
- Actively listen to a new song
  - Write down what you hear or feel.

DID YOU KNOW?

"Listening to music triggers the release of dopamine in our brains. Dopamine is a neurotransmitter that promotes feelings of happiness and satisfaction"

(Salimpoor, Benovoy, Larcher, Dagher, and Zatorre, 2011)

MORNING MOVEMENT

Energize and Restore

Working out from home? Music motivates you to workout harder and for a longer period of time. Finding playlists that match the speed of your music with your movement will help guide you through your workout.
Try This!

- Search "Beats Per Minute" with your preferred workout on Youtube or Spotify
  E.g. "80 BPM Yoga"

AFTERNOON ACCOMPLISHMENT

Do one thing at a time

Work, household tasks, new routines, oh my! Staying at home may feel overwhelming right now because of a lack of motivation and a difficulty figuring out what to do first. Try using your favorite songs to shift your mood and help you focus.
Try This!

- Schedule time for each task
- Use a playlist specific for the task:
  - Chores = Familiar/ Upbeat
  - Concentrating = Instrumental/ Slower Tempo

DISCUSSIONS AT DUSK

Connect with Others

Music helps people of all ages to connect and engage. Whether you are in person or online, there are plenty of ways to share music with your friends and family.
Try This!

- Share a favorite song with your friends on Facebook
- Attend a free, live streamed concert as a family
- Play or sing together & record a video to share
- Join an Instagram dance party hosted by @mkik808
- At-home karaoke night

DID YOU KNOW?

"Relaxing music has a direct effect on the parasympathetic nervous system, which helps your body relax and prepare for sleep"

(Khalfa, Bella, Roy, Peretz, and Lupien, 2003)

BEDTIME BREATHER

Relax to help you sleep

Listening to relaxing music before bed can help you fall asleep faster and stay asleep longer.
Try This!

- Listen to slow, instrumental songs as you get ready for bed
  - Search "serenity" in Spotify
- Create a routine by using the same playlist every night