

Daily Routine

It is important to have a daily routine, for each one of us. You can help your family member with schizophrenia prepare a schedule with a list of activities that he/ she can do each day along with the time for each activity.

The schedule can include the following activities:

- **Daily activities:** These are essential activities such as sleeping, waking up on time, taking care of daily hygiene (like brushing, bathing and wearing clean clothes), taking healthy meals on time.
- **Physical Activities:** These activities are essential for maintaining good health and can include activities such as exercising, walking, playing etc.

- **Hobbies:** These are activities that interest you like reading books/ magazines/ newspaper, singing, playing indoor games, painting, etc.
- **Social activities:** These include activities such as talking to family members, calling up relatives, visiting neighbors or friends etc.
- **Functional activities:** These are activities necessary for independent living like buying basic essentials, using public transport, helping in household chores, engaging in an occupation etc.

We are providing you a set of daily activities along with tips on how to ensure that your family member performs them. Your family member may not be able to perform some of these activities on his/ her own and may need your assistance.

1. Getting up in the morning:

It is important to get up at a fixed time in the morning because all activities of the day follow that. Help your family member fix a time for waking up and follow it.

Tips:

- Help your family member set an alarm for the time of waking up using an alarm clock or mobile phone. The alarm can be set to ring for three times at an interval of 10 minutes.
- If he/ she has problems getting up on their own, you can help them in waking up.



2. Brushing your teeth:

Brushing teeth at least twice a day is important to keep teeth clean and healthy. It prevents dental and gum infections. It also helps in maintaining a fresh breath that helps enhance confidence.

Help your family member fix the timings for brushing teeth once in the morning after getting up and then at night after dinner.

In case your family member faces problems in brushing teeth on his/her own, you can assist him/ her.



3. Taking a bath:

Taking a bath regularly is important for maintaining good health as it protects us from infections. Maintaining hygiene is also important for improving your appearance. It helps build self-confidence, physical health and emotional well-being.

Tips:

- Make sure that your family member bathes at least once a day and wears clean clothes everyday.
- If he/ she faces any difficulty, please help him/ her.



4. Taking meals on time:

Taking meals on time is an important daily activity. Please read the information about balanced diet in the module on 'Eating Right'.

Tips:

- Eat balanced diet at scheduled time.
- You can ask your family member to help in serving food and clearing the table before and after the meals.



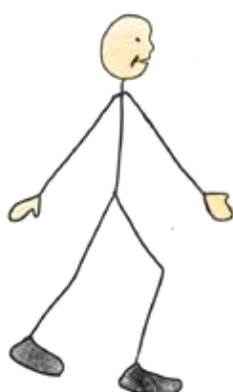
5. Physical Activity:

Physical activity is important for good physical and mental health. It helps in prevention and control of obesity, joint pains, bodyaches, diabetes, blood pressure and other chronic physical illnesses. It helps improve physical health, mental well-being, energy levels and the quality of life.

Please read more information in the module on 'Physical Activity'.

Tips:

- Encourage your family member to engage in the physical activity that is rewarding and practical in everyday life.
- You may join in the physical activity to keep him/ her motivated.



6. Hobbies:

Engaging in hobbies should be an important part of your daily routine. It helps in coping with stress, improving the quality of life, achieving satisfaction and well-being.

People like to engage in different kinds of hobbies that include:

- Reading books/ magazines/ newspaper
- Playing board games like carrom, ludo, chess
- Playing a musical instrument or singing
- Gardening
- Cooking/ baking
- Painting/ drawing/ craft making/ sculpting
- Sewing/ knitting/ embroidery
- Watching movies/ theatre



List other activities after discussing with your family member.

One can engage in activities such as watching TV, listening to music or browsing internet in a meaningful way, such as for learning a new recipe for cooking food.

You can get involved and also involve other family members/ friends to make it more interesting for the patient.



7. Sleeping:

Sleep gives rest to the mind and body. Regular sleep schedule helps in maintaining physical and mental health. Sleeping for 8 hours at night is essential for remaining healthy.

Poor sleep can result in poor attention and concentration, poor memory and irritability. It can affect physical health and may also reduce immunity.

Encourage your family member to:

- Fix a time for getting up and get up at that time every day, even if he/ she has slept poorly at night.
- Use the bed for sleeping only.
- Not to use the bed for any other activity like reading, working or watching TV.
- Not to sleep in the day time.
- Not to drink caffeine, alcohol or cigarettes after 6 pm.

- Not to engage in heavy exercises after 6 pm, only mild exercises like walking can be done.
- Not to watch TV, movies etc. before going to bed.
- Not to use mobile phone in bed.
- Go to bed only when sleepy.

