

Daily Routine

It is important to have a daily routine, for each one of us. You can prepare a schedule with a list of activities that you can do each day along with the time for each activity.

Your 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 a sport 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.

Once you have prepared a schedule, try to follow it as much as possible.

We are providing you a set of daily activities along with tips on how to perform them. You may not be able to perform some of these activities on your own and may need the help of your family member(s).

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. Fix a time for waking up and mark it as done (✓) each day after waking up.

Tips:

- Set an alarm for your time of waking up on a clock or a mobile phone. You can set the alarm to ring three times at intervals of 10 minutes.
- If you have difficulty in waking up, ask your family member for help.



2. Brushing your teeth:

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

You should brush your teeth regularly. If you have any difficulty, you can take the help of a family member.

Fix the timings for brushing your teeth once in the morning after getting up and then at night after dinner. Mark it as done (✓) once you have finished brushing your teeth twice during the day.



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.

Fix a time for bathing in the morning and mark it as done (✓) after you have finished bathing.

Tips:

- Take a bath at least once a day.
- Clean all body parts daily and wash your hair at least twice during a week.
- Change your clothes everyday and keep your dirty clothes at appropriate place for washing.
- If you face any difficulty, please take the help of a family member.



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'.

Fix the time for taking your meals and after taking your meals, mark it as done daily(✓).

Tips:

- Eat a balanced diet daily.
- Wash your hands before and after eating food.
- 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:

- Engage in some form of physical activity daily that is rewarding and practical in your daily life.
- You may not feel like exercising daily but please remember that it is very important for your physical and mental well-being.



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.

You can 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



You may also 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 etc.

You can include other activities (after discussing with your family member).

You can also involve your family members/ friends while engaging in a hobby to make it more interesting.

Make a list of hobbies, which you can do. Mark the activity as done (✓) once you have completed it for the day.



7. Sleeping:

Sleep gives rest to the mind and body. Regular sleep helps in maintaining physical and mental health. Sleeping for 8 hours every 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.

Decide the time for sleeping and write it down in the workbook. You can mark it as done () after waking up the next day.

Tips:

- Fix a time for getting up and get up at that time every day, even if you have slept poorly at night.
- Use your bed for sleeping only and not for any other activity, like reading, working, watching TV.

- Do not sleep in the day time.
- Do not drink caffeine, alcohol or cigarettes after 6 pm.
- Do not engage in heavy exercises after 6 pm, but mild exercises like walking can be done.
- Do not watch TV or movies before going to bed.
- Do not use your mobile phone in bed.
- Go to bed only when sleepy.
- Avoid checking the clock/ mobile phone repeatedly even if you are unable to sleep.

