

# Back to School Routine- Stress Management.

## Healthy Lifestyle

- No Phone in the morning- charging outside bedroom at night
- Make my own Bed/ Open Curtains
- Shower- freshen Up
- Healthy Breakfast- fruit, porridge, juice, smoothie
- Get to school at least 15mins early- prepare for class, locker, chat
- Healthy snack at break and lunch
- Walk/ cycle/ bus/ car- home
- Snack at home
- Homework and Study/ Revision Work/ Update School Journal/ Pack school bag for next day- correct books copies using school journal as check list
- Dinner/ chores
- Recreational time- walk, run, cycle, meet a friend, sport, attend a club/ society, yoga etc.
- Winding down for Bed- brush teeth, drink water, read a book, soft relaxing music, Headspace, put away phone in another room to charge it for next day
- Set Digital alarm clock
- Get 8 Hours Sleep- Avoid Digital Screens at for at least 2 hours before sleeping.

