



## VILLA ESPERANZA SERVICES

*Where Hope is Hard at Work for Individuals  
with Intellectual/Developmental Disabilities*

### **Tips for Creating a Stay at Home Schedule and Sample Schedule**

*Put together by Irene Racijs, Manager of Residential Services for Villa's West Region, for her ILS staff, but these resources are great for any family member or friend helping our adults in the ILS program.*

People may associate time off with sleeping in and wasting the day away, but doing too much of nothing can start to drive one crazy after a while. One way to fill the long hours and keep up morale is to make a daily schedule. Blocking out specific times for different activities throughout the day – such as waking up, showering, reading, watching TV, or doing schoolwork – can reestablish order and productivity. Sticking to a schedule can help fill the long hours, and even if it isn't strictly adhered to, it can be a way to keep life running normally at this time of uncertainty.

#### **Organize or Clean**

Cleaning may seem like the last thing someone would want to do on a free day, but studies conducted by organizations such as Psychology Today, show it can be therapeutic. Organizing that desk drawer that's always overflowing, wiping out the fridge, or taking time to dust off all of those high shelves can be an effective way to recapture a sense of control. It can help make one feel productive and remind them to stay thankful for all the things they still have. Not only will cleaning feel useful and help time pass faster, but it may also make for a happier and healthier quarantine for everyone living in the house.

#### **Meditate**

If one's feeling overly anxious or worried about the COVID-19 virus and the quarantine, one activity they might consider during their days at home is meditation. Sitting down for just a few minutes a day and doing some deep breathing, mind clearing, and introspective thinking has been proven to help decrease stress levels and make people happier, according to experts at Mayo Clinic. For meditation veterans, this is a good time to start trying new techniques or ways to relax, while those new to the meditation game have the perfect chance to build a healthy relaxation routine. There are plenty of

apps and websites, such as Headspace, Calm, and [www.mindful.org](http://www.mindful.org) to facilitate productive meditation sessions that can help maintain a sense of peace and decrease anxiety both during this time of quarantine and on a normal, day-to-day basis.

### **Stay Social**

Just because the Centers for Disease Control and Prevention is encouraging people to practice social distancing and self-quarantine doesn't mean one has to be lonely. One of the best ways to stay sane is to remain social and to make sure to keep in touch with loved ones and friends. Having a FaceTime or Zoom brunch with girlfriends, screen-sharing a Netflix film with a significant other, or just picking up the phone and calling Mom are all great ways to stay social and fight cabin fever.

For those quarantined with family members, roommates or friends, putting down devices and having some meaningful, non-coronavirus related conversations may help pass the time and bring everyone closer. Regardless of where one is or who they're with, there are plenty of ways to stay connected during quarantine

### **Exercise**

One of the best ways to keep spirit up is to work out. Doing some sunrise yoga, pumping iron, or keeping up the leg day routine can help to get those endorphins flowing and ward away cabin fever. If one doesn't own a treadmill or workout equipment, there's no need to worry. Taking a walk, playing fetch with a dog, or even having an impromptu kitchen dance party can all be great ways to burn calories while quarantined. There are also plenty of YouTube workout videos that offer full body and specialized workout routines to fit everyone's needs.

### **Play a Board Game**

Although video games can be entertaining, they can strain the eyes and contribute to a sense of isolation. Instead of turning to online gaming shops like GameStop or Steam for easy, quick entertainment, playing some good old-fashioned board games can give a break from screens and a chance to engage in some healthy competition with friends and family. For those without a full shelf of board games or an old deck of cards, there are also plenty of games such as fishbowl and the category game that require only a pen and paper or sharp wit. These games can be a great way to bring friends and family together to continue making fun memories.

## SHELTER – IN – PLACE / SOCIAL DISTANCING AT HOME SCHEDULE

*Example schedule from Camille Styles*

TIME	ACTIVITY	IDEAS
6:00-8:00AM	Wake up + mindful morning	Make coffee/tea, journal, do not check news/your phone for COVID-19 updates. Gather your thoughts for the day.
8:00AM	Get dressed, make bed	Get out of your pajamas (even just into a cute athleisure outfit). Make your bed. Apply skincare + a little makeup if you want.
8:30AM	Eat breakfast	Smoothie, avo toast, scrambled eggs + salsa in a tortilla, yogurt & granola, oatmeal with berries.
9:00AM	Tidy up your workspace	Do a quick pickup + clean your work space. Light a candle, put on a playlist, grab water.
9:30AM	Start 2-hour work time block	Set a timer to work uninterrupted for 2 hours.
11:30AM	Break	Call someone, stretch, listen to an inspiring podcast while taking a walk, do a 30-minute workout video via LiveStream or YouTube.
12:00PM	Lunch	Simple tostadas, loaded baked potatoes, soup, avo toast, veggies w/ hummus, stuffed sweet potatoes.
12:30PM	Start 2-hour work time block	Set a timer to work uninterrupted for 2 hours.
2:30PM	Snack/Break	Eat a healthy snack, call someone, do yoga, mini dance party, take a walk, do a simple household chore (a load of laundry, wipe down surfaces, etc.)
3:00PM	Start 2-hour work time block	Set a timer to work uninterrupted for 2 hours.
5:00PM	Finish up the work day	Tie up any loose ends from the work day, write your final emails, etc.
6:00PM	Make dinner	Easy nutritious dinners using pantry staples: chili/soup, slow-cooker meals, stir fries/tacos, etc.
7:00PM	Dinner	Unwind with a healthy meal. Call a friend/family to chat. Watch something positive and light. Read a book.
8:00PM	Self Care	Take a bath or a long shower, read a book, do a face mask while drinking a glass of wine, do some restorative stretches, whatever feeds your soul.
9:30-10:00PM	Bed	Read or journal for 30 minutes before bed. Put your phone on airplane mode for the night.