

The first day of fall is Sunday, September 23rd

MEAP Quarterly

Inside this Issue:

Volume 24, Issue 3

Fall 2018

- Benefits of Routine
- Daily and Weekly Structure
- Working and Parenting
- Self-Care and Balance

"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine".

-John C. Maxwell

Falling into a Routine



Fall in Indiana means several things: weather is turning cooler, days are shortening, kids are back to school, and football season is in full swing. Fall is often a time we find our days becoming more and more filled, whether we are simply doing more with less daylight, or we are shuffling kids back and forth to school and extracurricular activities. As we say goodbye

to the long days of summer, it is an opportunity to consider our schedules, and with that, our routines. Routines are a reflection of how we take care of ourselves and those we care about, as well as a reflection of our priorities, our health and wellness, and even our success. This issue will focus on these aspects of routines and offer insight, ideas, and

inspiration to consider the routines you have now and those that you may incorporate as we move through the fall season and prepare for the winter months and the upcoming holidays.

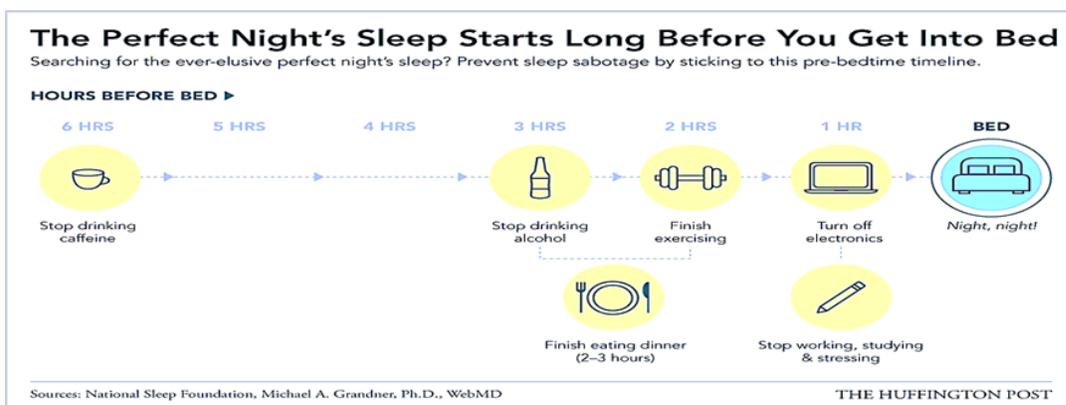


Take time to notice the colors of fall

Benefits of Routine

There are many benefits in having an established routine, including decreased stress, better health, and improved sleep. You'll see that sleep is mentioned throughout this issue. Many

adults struggle to get enough quality sleep. That is true for you, or someone you love, consider the timeline below to allow your mind and body the opportunity to "wind down" from the busy events of the day.



Let Us Be Your First Call ...



Michiana EAP

Contact us:

574-287-1879

or

800-388-0154

818 East Jefferson Blvd.

South Bend, IN 46617



Online at aarcinfo.org

Daily Routines



Sample Positive Daily Routine

- Go to sleep and wake up at the same time every day
- Prepare for work or days off the night before
- Daily exercise, meditation, or inspirational reading practices
- Schedule meals
- Family time or hobbies
- Household tasks
- Sleep 7-9 hours

*Start Simple-
Pack your lunch the night before
work or school*

*More at mentalhealthcenter.org

Self-Care

By choosing to be intentional with your time, you can ensure that you include important self-care practices and eliminate large amounts of free time that might cause you to slip into unhealthy patterns, such as hours of “screen time” each week. Take charge

of your routines by building a balanced, positive, and healthy lifestyle that allows for activities that are energizing, empowering, or nurturing. Self-care practices may vary depending on your age, abilities, or interests. Consider both small and more challenging ways to

attend to your own needs. These may include a long shower, time for reading or joining a book club, spending time outdoors, petting your dog, trying new recipes, or playing a favorite sport.



Working and Routines

How do you currently spend your breaks or lunch hour at work? These are opportunities to maximize your productivity, energy level, and wellness.

Think about some of the key ways successful people spend this time, outlined by **Business Insider** here.

- ◇ *Get outside*
- ◇ *Eat healthy foods, mindfully*
- ◇ *Accomplish personal tasks*
- ◇ *Network*
- ◇ *Exercise*
- ◇ *Unplug from electronics*
- ◇ *Plan the afternoon*
- ◇ *Get organized*
- ◇ *Do things that bring joy*
- ◇ *Reflect on the morning*

You can find the article here: <https://www.businessinsider.com/how-successful-people-spend-their-lunch-break-2016-9#they-read-9>



Balance



"Balance is not something you find. It is something you create."
-Jana Kingsford

Within our routines, we need room for interruptions, surprises, and spontaneity, as life is unpredictable and calls for us to be flexible and creative. Within the structure of your routine, leave time for new experiences such as opportunities to explore, places to see, and people to meet. Here are a few options you might check out this fall.

- ◇ The pumpkin patch at **Thistleberry Farm**
- ◇ A hayride at **Bendix Woods County Park**
- ◇ South Bend's **History Museum: Mystery at the Mansion- The Show Must Go On**

"I like routines.

It enables me to improvise."

-James Nares



Weekly Routines

Sample Positive Weekly Routine

- If you don't exercise every day, create a schedule of the days that you do exercise
- Attend support group meetings, join a club, or get together with someone for coffee
- Learn or practice a new skill such as meditation or yoga, or take an online class
- Socialize with supportive family and friends

*More at mentalhealthcenter.org

*Start Simple-
walk with a neighbor
one morning each week*

Parenting and Routines

Homework: Have a regularly scheduled time and place for it to children and teens, particularly at bedtime and in the morning. The Sleep Foundation recommends 9-11 hours of sleep such as the TV. Basic materials for children ages 6-13, and 8-10 hours of sleep each night for teens ages 14-17.

*PsychologyToday

*Mental Health America



"Children do best when routines are regular, predictable, and consistent."

*Healthychildren.org