

TIME	TASK	IDEAS & RESOURCES
1 Hour (Before 9am)	Wake up Breakfast and activity	<ul style="list-style-type: none"> <li>30 min Activity e.g. Walk, Yoga (YouTube Yoga by Adrien), Podcast, Mindfulness Practice e.g. Insight Timer app</li> </ul>
30 Mins	Check Emails	<ul style="list-style-type: none"> <li>Set timer if helpful</li> </ul>
1 Hour	College work Check Canvas, online lectures, Assignments	<ul style="list-style-type: none"> <li>Apps to help structure work time: Pomodoro, Todoist, Focus Time, Forest: Stay Focused (helps manage phone use)</li> </ul>
15 Mins	Break	<ul style="list-style-type: none"> <li>Move around if possible – Tea/coffee/snack (maybe video call friend)</li> <li>Short walk or stretch</li> </ul>
1 Hour	College work	<ul style="list-style-type: none"> <li>Canvas, Assignment, Online lectures</li> </ul>
1.5 Hours	Lunch	<ul style="list-style-type: none"> <li>Take time to make food you like.</li> <li>Online or video chat with friend/family</li> <li>Exercise: Walk, run or stretch</li> <li>Free guided Mindful Walking app e.g. 'Insight Timer'</li> </ul>
1 Hour	College work	<ul style="list-style-type: none"> <li>Canvas, Assignment, Online lectures</li> </ul>
15 Mins	Break	<ul style="list-style-type: none"> <li>Move around, have drink/snack</li> </ul>
1 Hour	College work	<ul style="list-style-type: none"> <li>Canvas, Assignment, Online lectures</li> </ul>
30 Mins	Plan for tomorrow	<ul style="list-style-type: none"> <li>What college work do you need to focus on? Activity ideas for breaks e.g. tea/coffee video call with friend</li> </ul>
1 Hour	Leisure	<ul style="list-style-type: none"> <li>Time for activities (old or new) you enjoy e.g. Exercise, Movie or Series, Podcasts, Audio Book</li> <li>Free online courses or Virtual Museum Tours</li> </ul>
Evening	Chat and connect	<ul style="list-style-type: none"> <li>Call friend or family</li> <li>Watch movie or series - arrange to watch with others and chat after</li> </ul>
Bedtime	Sleep	<ul style="list-style-type: none"> <li>30 minute activity to unwind before sleep e.g. Sleep stories (YouTube or Calm app), Podcast, Audio book, Mindfulness App, Relaxing viewing</li> </ul>