

# Getting Back Into Routine When Returning to Work

At one stage of our lives we were used to early morning alarms and hitting snooze for ten minutes before crawling into the shower ahead of a daily commute. Today, we're sleeping in a little longer and using the commuting time to work out, read or granting ourselves a bit more shut eye before the day begins.

Now, we're left feeling particularly daunted at the prospect of returning to work and being back in a regimented routine. So how can you prepare? **Here are 10 useful tips:**

- 1 Organise your clothes the night before
- 2 Stick to a healthy bedtime routine
- 3 Journal your day
- 4 Exercise and keep active
- 5 Do things you enjoy too
- 6 Open up to a trusted friend or colleague if you're struggling
- 7 Engage in your usual self-care activities
- 8 Focus on one task at a time
- 9 Plan time in your day to take breaks
- 10 Take regular breaks

