



It is important to create healthy routines to take care of yourself such as eating healthy, exercising regularly and planning time for self-care. Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes.

It is hard to create healthy routines during the current pandemic when we feel overwhelmed by this new way of living. By creating routines, we can organize our day in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

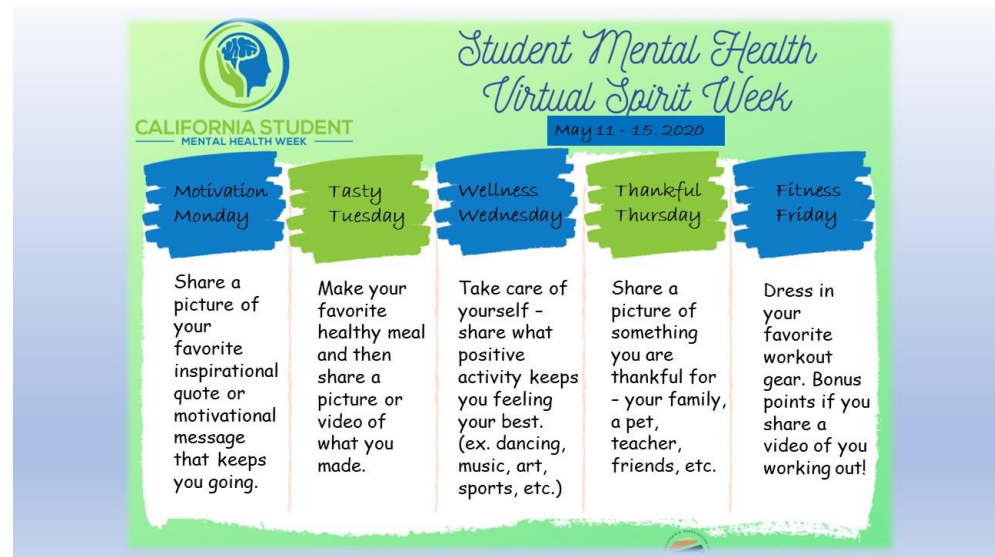
Completing this [Creating Healthy Routines](#) worksheet can help you plan your routine and identify barriers to getting things done.

A **Free** Virtual Presentation Opportunity from RI International

to Educate, Inspire, and Reduce the Stigma against Mental Illness

Two mental health peers share their stories of lived experience with mental illness and their journeys to wellness and recovery success.

See [flyer](#) for details on how to register.



**Monday:** Watch this [motivational video](#) to inspire you!

**Tuesday:** Try these healthy [recipes](#) from the Food Network!

**Wednesday:** Watch this video for ideas on how to [Treat Yo'Self!](#)

**Thursday:** Try these thought provoking [gratitude journal ideas!](#)

**Friday:** Check out these [fitness apps](#) that can help you develop a fitness routine!

Don't forget to share your virtual spirit week photos/videos on MCA's social media pages:

