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TRINITY COUNSELING TIPS AND TIDBITS

Helpful hints and ideas for personal growth.

SOME TIPS AND
TRICKS FOR YOUR
TIME OF SOCIAL
DISTANCING

VOL. 1



REBUILDING STRUCTURE

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How can I rebuild structure when my environment and routine change suddenly? Many of us are asking this question as established routines suddenly disappear. Here are some tips to begin the process of rebuilding a daily structure. You may even discover some new values and activities that are important to you.



Step one: Take an inventory of what you have going on in different parts of your life. There are some big ones that we all share: relationships, faith, education and work, physical health, our home life, and stuff we like to do for fun and relaxation.

Step two: Answer these questions, "Which parts of my life are most important to me right now?" and "What would I like more of in x, y, or z area of my life during this time?"

Step three: Take your picks from step one and give yourself something to do that is measurable (cooking one meal per day, reading x amount of pages per day, connecting with at least one friend a day through phone call or text)

Step Four: DO IT!

Make sure to pick things that are important to you, and start out small. Getting started is more than half of the battle, and you will find that once you get started doing things you care about you might actually want to continue beyond your original goal. Also, there is the temptation to feel that the goal you set needs to be the biggest and best goal out there. Research shows that when goals get too big, our motivation to achieve them gets smaller. Instead, build upon the success you have each day by setting small goals and taking time to celebrate when you've accomplished them.

Here is an example of what I have done recently to help me rebuild the structure of my day:

Fun: Cook

- Cook a meal a day and save it for other meals. (Cooking is enjoyable for me because I get to eat my work, and it is a creative outlet for me)

Faith: Scripture Meditation

- Journal about a passage in Scripture at least three times a week.

Education: Book Reading and Paper Writing

- Read for 30 minutes a day in the morning before I make coffee. (This one is more specific because once my day gets started I am less likely to read)
- Write at least two pages a day for those papers that are due by the end of the semester. (I hate leaving writing to the last minute but I usually do anyway. I have applied this spacing technique to one paper recently and the stress surrounding completing the paper was almost non-existent)

Physical Health: Exercise

- Workout for at least 30 minutes 3-4 times a week after reading for 30 minutes in the morning. (I have to pair this with book reading because I absolutely will not workout at any time beside the morning)

Once you have finished reading, join me, and the Trinity counseling staff, in taking some time to rebuild a routine.