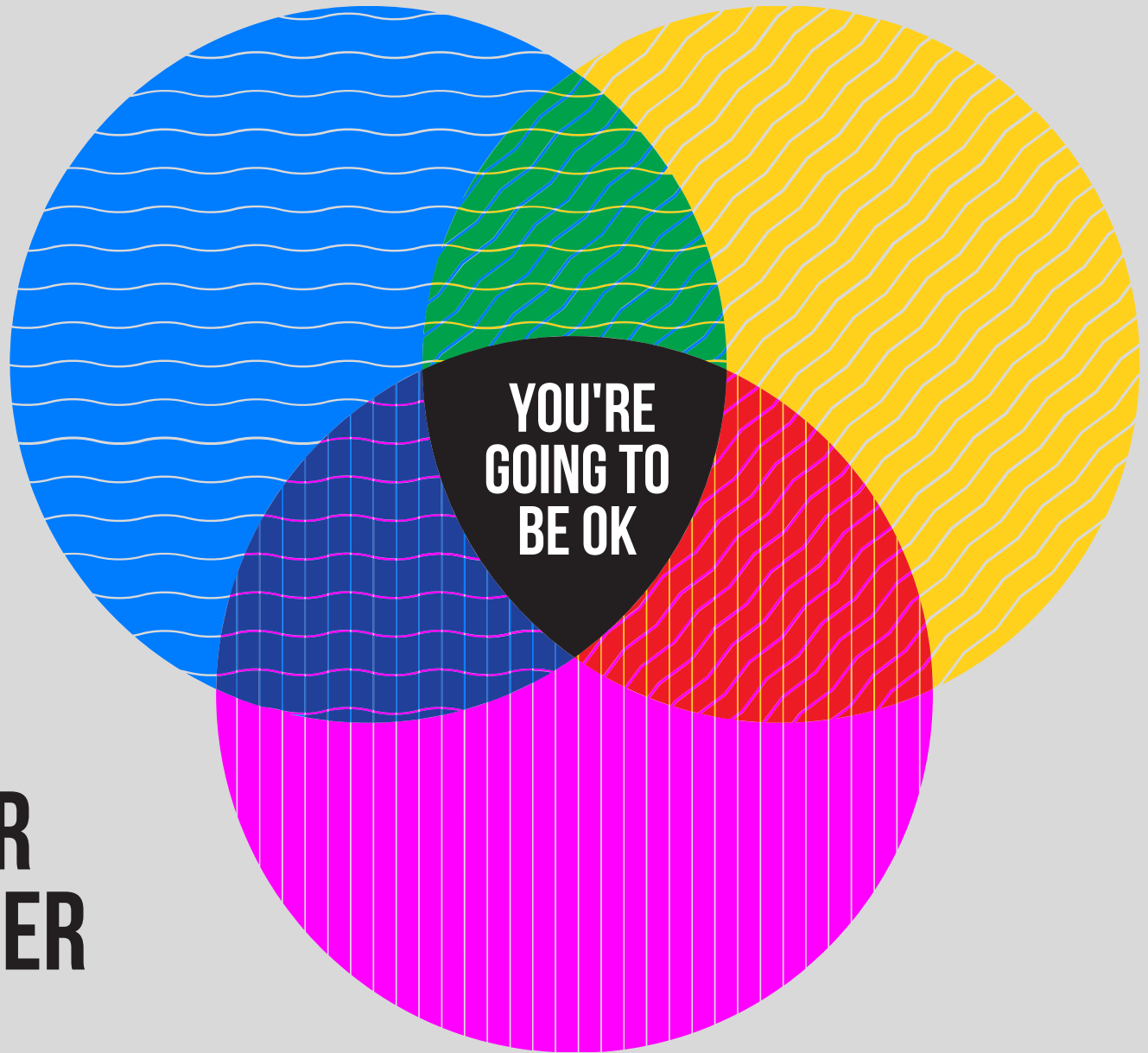


A GUIDE TO KEEPING YOUR SH*T TOGETHER DURING COVID-19



OK, BUT WHY?

Truthfully, I'm doing this for my own benefit as much as anything. As the Covid-Crisis turned up a notch in the UK I made a very quick (and big) decision to uproot from London, my home of the last four years, to temporarily move back in with my Mum and Dad in Australia. I've been bumped up from 14 to 23 days enforced quarantine (that's a scary amount of of alone time). I'm due to be in Adelaide for at least three month and, the likelihood is that a lot of that time, along with the rest of the world, is going to be spent in social isolation.

I desperately need to get myself into some routine before I spend every waking moment reading the news and panicking that I'll never see my friends again. So I've been using my quarantine time to build this Guide: Part 1 (Day 1), Part 2 (Day 2), Part 3 (Day 14). Consider this a work in progress - I'm figuring out how to help myself through this situation and in the process thought I might try helping others too.

AND WHAT'S YOUR THING WITH ROUTINE?

Before starting Square Circle I trained and worked as an Occupational Therapist. The main focus of OT is empowering people to actively engage in their day to day lives. Occupation = any meaningful activity someone may do during the course of a day. It's goes beyond 'productivity', it's the whole package of the things that make life good.

When I was packing up to leave London, my friend astutely asked me "But what are you going to do to stop yourself completely losing the plot?" My response was "I'm going to OT myself." So that's what I'm doing. Maybe you can too?



KATH BURNARD

**SQUARE CIRCLE FOUNDER/ OCCUPATIONAL
THERAPIST/ PROFESSIONAL HAND
WASHER/OCCASIONAL PANIC BUYER**

3 TIPS TO MASTERING THE ART OF FEELING OK

OR MAYBE EVEN BETTER

1. ROUTINE

We love to hate the daily grind, the early mornings, the 9-5, the long commute, the ever-persistent need to decide what to make for dinner. But let's face it, routine is a good thing. For those embarking on a working from home/quarantine/self isolation/lockdown/end of the world arrangement - now isn't the time to fall into a vacuum of mindlessness, hanging out for your next meal of beans and tuna, deciding against a shower for the tenth consecutive day, reviewing your Facebook photos back to 2007 (guilty), and repeatedly saying the phrase "time is just a construct" in different accents.

2. ROLES

The roles we take on in life are core to our sense of identity. We each wear a lot of hats, play a load of parts, juggle heaps of balls - whatever analogy works for you. There are the more obvious roles like [insert job title], partner, housemate, sibling. But maybe you're someone's work-wife, the reliable flatmate who remembers to buy the communal goods, the team member who knows how every single person likes their tea, the pal who reminds everyone to drink more water. Finding ways to keep playing those parts will help you to channel ~normal vibes~ and stay connected with the things that make you, you. And seriously, drink more water.

3. REFLECTION

I was going to go with 'Purpose' but I was really swayed by the cohesiveness of the three R's. "What am I doing with my life?", "What's the point of *all this*?", "What is my 'Why'?" Big questions (that last one always irks me a bit if I'm honest) that we rarely pause to contemplate. Now's the time to start to understand the things/places/habits/people/activities/etc. that bring meaning to your life and those that could be getting a little less air time.

1. ROUTINE (STEP 1)

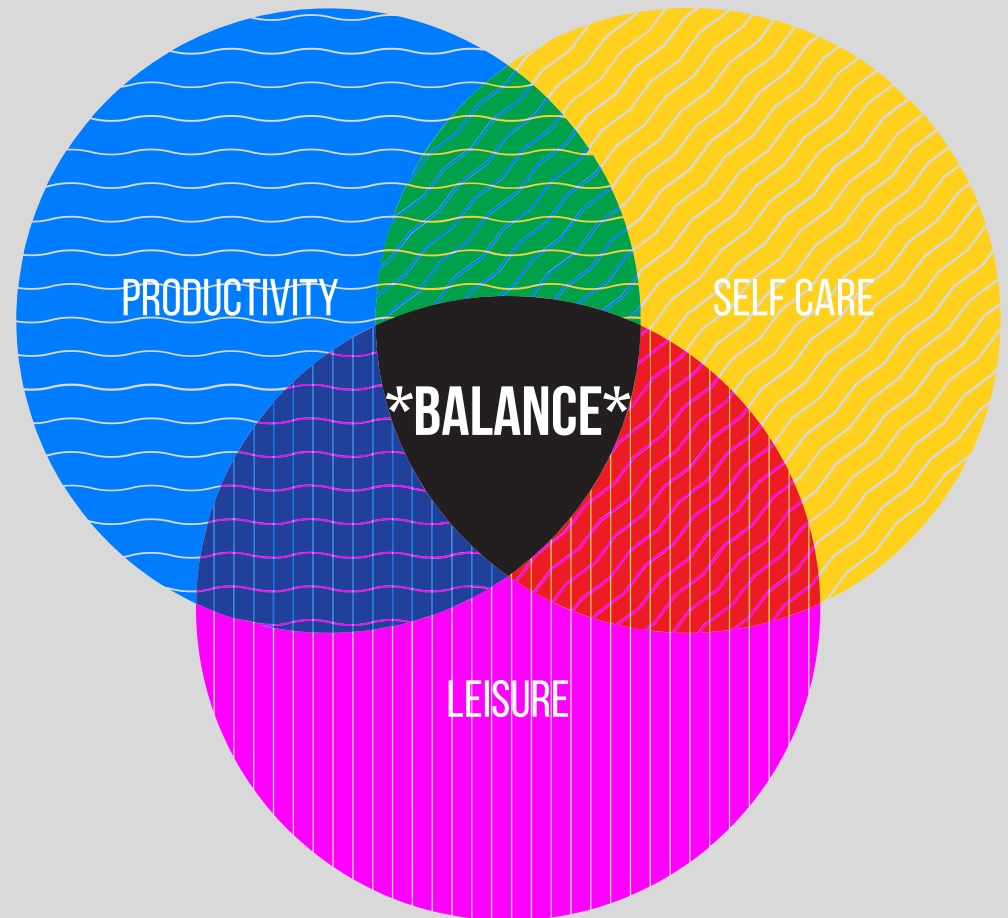
Balance is an over-used term but really it is the key to routine. The thing that we often get wrong is that balance looks totally different to everyone and there is not one fixed desirable state. What looks like a gorgeous balanced week for one person filled with lots of down-time, reading, and meditation looks like hell on earth to someone who prefers to operate with at a high-intensity, Level 10 kind of frequency.

Getting the balance of productive, self care and leisure activities that's right for you will honestly save you from yourself. Routine, balance and wellbeing are strongly linked. Get it right and your mental, physical, emotional, and spiritual health will thank you*.

STEP 1: Map out all the different activities that you could/should/would want to be doing under each of these categories.

STEP 2: Section out your days to make sure you're getting the right dose of each and to give yourself a handy guide when you're wonder wtf to do with your time.

STEP 3: Actually follow it, but let's worry about that later.



*So this guide has become a tad longer than I'd initially intended. But just to say, don't be overwhelmed! Don't let this be another thing you feel like you should be doing during lockdown but aren't. You can dip in and out as and when you need... or not at all!

A GENERATION DEFINING BUZZ WORD? YES. JUST A PHASE? NO.

Self care activities are all of the things you do that make you feel good, that nourish you, that help top up your resilience cup if you like a visual. It's not just sheet masks and massages but things like having a shower, and eating your 5 a day (but yes, sheet masks).

Also, what feels like self care to one person might look like very much the opposite to someone else. e.g. those people that call cleaning 'therapeutic' might include those kinds of tasks in their self care repertoire. I'm certainly not that person and kind of judge you if you are (jks, jks). Or for one person a run might feel like an evil necessity to look after their wellbeing (me) but for someone else running might be seen as the epitome of fun and categorised as leisure (not me).

Self care can easily drop off the list, especially if we have less of the social pressure to hold us accountable as we are spending less time around others. But for your own good, I'd encourage you to still put deodorant on and keep brushing your teeth twice a day.



SELF CARE

PERSONAL CARE

- Shower + wash hair
- Skin care routine
- Brush teeth
- Full bod moisturise
- Vitamins + medication
- Wash ya damn hands
- Ditch the makeup
- Change out of pajamas

EXERCISE

- Yoga
- Jog laps of the garden or the block when allowed to venture out
- HIIT circuit home workout when feeling brave

SUPPORT

- Therapy via Zoom

EATING + DRINKING

- Lots of fruit + veg
- 5 big glasses of water
- Smaller portions to account for less activity
- Avoid mindless snacking + stress eating - helped by the fact we are on war-time rations
- Stick to pesco diet where possible

RELAXING/ CALMING

- Light a candle
- Spend time outside + get some sun on the face
- Guided meditations
- Sheet masks!
- Pillow spray
- Journal
- Tech-free time
- Music on
- Sitting in still and quiet
- Day dreaming
- Savour a cup of coffee

SELF CARE

SELF-ISOLATION OR PARTY FOR ONE?

PUT THE 'FUN' IN 'I'M BARELY FUNCTIONING'.

Finding joy, fun, happiness, letting your hair down, living a little, excitement is the spice of life, we're here for a good time not a long time... points if you can think of 10 variations of your own.

But how do you inject some of that into your routine when your holiday plans are off, the pubs are shut, you're separated from your mates, your fave boxing class is cancelled, and you are basically feeling lonely AF?

Leisure activities can be split out into two main categories: active and passive. And then can be sub-classified as social or individual. If we spend too much time in passive leisure (the Netflix binge-watching, Youtube rabbit hole, incessant instagram scrolling, futile Tinder swiping kind) we will likely feel lethargic, flat, uninspired, bored and generally kind of gross. And if we don't find ways to stay meaningfully connected with others we'll feel isolated on a whole other level and just sad. Like it's making me sad just writing about it.

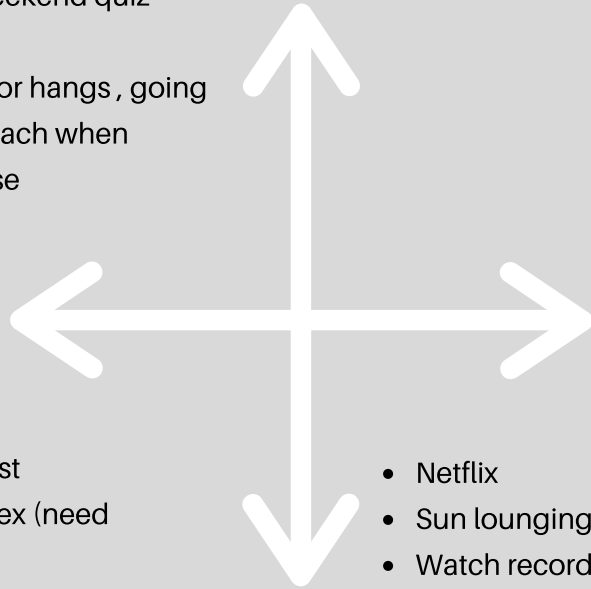


LEISURE

SOCIAL

- Schedule regular video calls with friends or leave voice notes when time difference is the enemy
- Suss out that houseparty app + have weekend wines, sing along to some old faves, play heads up or other not shit drinking games?
- Board games and weekend quiz with the fam
- Going to pals place for hangs, going for walks or to the beach when allowed out the house

- Family movie night



ACTIVE

- Read 4x books at least
- Podcasts - Bobo & Flex (need recommendations)
- Finish a big old puzzle
- Is it time for a new hobby? I think I'm into feminist slogan embroidery and mood boarding now
- Make some new playlists
- Dance around the room to new playlists
- Be cute and write some letters

PASSIVE

- Netflix
- Sun lounging
- Watch recordings of live gigs
- Social media scrolling
- Get a Tik Tok account?
- Watch new films instead of the same ones I've watched 20 times
- Paint nails

INDIVIDUAL

LEISURE

CAPITALISM'S BEST MATE.

ARCH-RIVAL OF EVERYONE ELSE'S BESTIE, PROCRASTINATION.

Productivity has become a divisive topic. There are people who feel like they are completely wasting their time if they aren't doing something 'productive', and then there are those who are pushing back on this concept and embracing the 'go-slow' movement. I tend to straddle both camps depending on how stressed I'm feeling - higher stress levels tend to make me feel the need to engage in higher levels of productivity (probably the opposite of what I should actually be doing) but this often just turns into procrastination.

As a reminder, productivity isn't just about earning money. It does include paid work but also unpaid work. It encompasses all the activities that maybe aren't always totally joy-inducing (jealous of you if they are for you) but leave you feeling pretty good about yourself once you've done them.

As there is more and more uncertainty when it comes to work, we'll likely see big changes to how we engage in productive time use. You might even find yourself writing a random 'how-to' guide on routine and posting it on the internet.....



PRODUCTIVITY

PAID WORK

- Square Circle remote working
 - Create tools and test digital service
 - Writing content
 - Improvements to website

LIFE ADMIN

- Find someone to sublet room in London
- Sort out Australian passport
- Sort drivers license
- Make a plans A, B & C for returning to London

UNPAID WORK/ACTIVITIES THAT COULD LEAD TO WORK

- Create and share routine help guide
- Connect with social enterprise networks & individuals in Australia
- Look up options and commit to an online courses
- Create personal webpage for freelance work
- Join 1 free webinar/workshop a week for random inspiration
- Stay connected with other YH ventures

HOUSEHOLD & DOMESTIC ACTIVITIES

- Tidy the space regularly (make your damn bed)
- Wipe down surfaces
- Do the dishes straight away
- Stay on top of laundry & put clothes away
- Have clothes mended

CARING RESPONSIBILITIES

- Call grandparents



PRODUCTIVITY

SOME REAL TALK

- I wasn't joking when I said I'm doing this to help myself, to avoid falling into a void of hopelessness where I cease to act like a functional human + forget to run my business or look after myself. These really are the things I plan on trying to include in my routine for the foreseeable .
- It was reassuring for me to get this all down on paper (what's the 2020 e-version of this phrase?). I had been having internal freak out moments like "what am I actually going to do for months when I'm back in Australia without a job to go to and confined to my parents house." But now I feel like there's a bit for me to shut up and get on with.
- Let me just say that I recognise I'm in a super privileged position being able to take this hiatus back home. I don't have caring responsibilities, my family are supportive, I don't have to worry about getting evicted or figuring out how to pay a mortgage, my environment is safe. I know others are not that lucky. I'm generally keen to keep it light-hearted throughout this guide (humour is my go-to coping mechanism) but I wanted to acknowledge that I'm in a position of privilege that allows me to take that approach which many others don't have.

TIPS TO GETTING STARTED

- Maybe you found some inspo in my activities but your lists of activities should be unique to you. I'm just not into gaming or learning a musical instrument, but if those things are on the cards for you during the corona crisis then you go Glen Coco.
- A bit stuck for leisure activities? Crowd source social activity ideas with the people you live with. Have a nosy around your housemates things for fun props that you you could turn into a game. Or write a list of all the things you used to enjoy doing as a child (before adulthood zapped your creativity) and see if anything jumps out at you as something you could pick up again.
- Maybe you're not in the head space to start ticking off a whole bunch of activities right away but jot them down anyway so they're there for you when things start feeling different or you finally figure out where you stored your calligraphy set or football card collection.

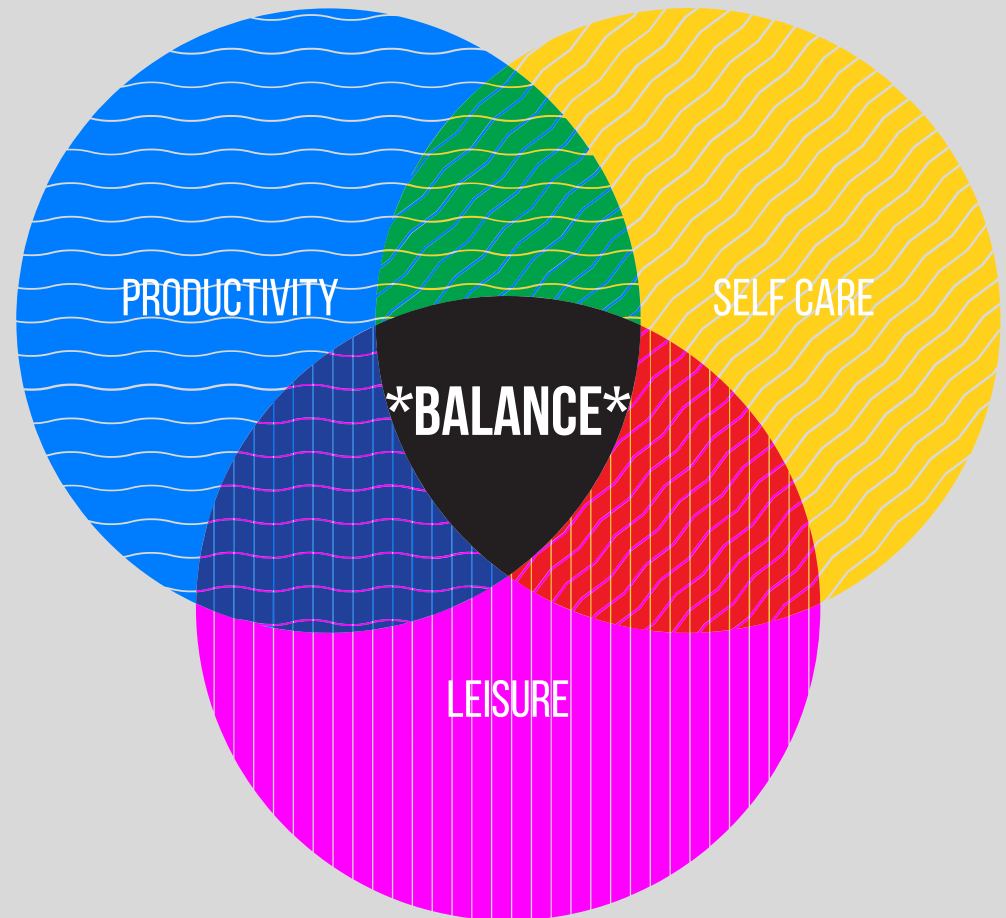
ROUTINE (STEP 2)

You know that feeling when you are aware there are loads of things you should be doing, even *want* to be doing, know you'd feel great for doing. But you just sit on the side of your bed staring at the floor wondering if your big toes are well-aligned or not?Just me then.

Or when you feel like you're running on adrenaline for days at a time, ticking off every single job you can possibly think of. Even making up new *essential* tasks just so you can make your to-do list extra lush and lengthy? Yes, NOW is the time to update your LinkedIn profile, write that blog post, find a life coach, start a 30 day bootcamp challenge, oh and also meet that big fat highly stressful work deadline.

Step 2 in mastering a balanced routine will be right up your alley if you identify as detail-orientated, blue personality type, ISTJ or Capricorn: **the schedule**.

If you don't identify as any of the above, I promise this is a safe space for you too. Colour-coding is for everyone.



WELCOME TO SCHEDULING 101

MODULE 1: CONSISTENCY IS YOUR FRIEND

Treat yourself like you would a small child. I'm not a parent myself but I've heard that sticking to pretty strict meal times, play times, bath times and bed times are key to survival.

MODULE 2: MAKE A PLAN BUT KEEP IT FLEXIBLE

COVID-19 does have a militaristic ring to it but your life does not need to resemble the routine of a new recruit in the armed forces. I like to approach things with an "ish" mentality. 'I'll start working at 9ish', 'First thing in the morning I'll do something self care-ish', "I'll wash my hands properly-ish 10 times a day" - that one was a joke. 20 seconds, I repeat, 20 seconds.

MODULE 3: TUNE INTO YOUR ENERGY PATTERNS

If you're someone who doesn't like to be addressed or even looked at in the eye before 10am, maybe you're not a morning person and maybe that means you shouldn't try and be all productive before then. Inject activities throughout your day that give a burst of energy (yes, eating 3 jam donuts OR maybe going for a walk around the block) or help chill you out depending on your natural peaks and troughs.

MODULE 4: BE REALISTIC

Creating a beautiful schedule that has you being productive 12 hours of the day, writing your #CoronaCrisis memoir, advancing to handstands in your yoga practice every night before bed and completely swearing off Netflix is totally pointless. You'll just feel like you've failed for not being able to stick to it. Coronavirus isn't going anywhere quickly so you've got plenty of time to work up to your #RoutineGoals. Cringe.

MY PROPOSED SCHEDULE FOR THE COMING WEEK

[illegible]

TIME:	MON	TUE	WED	THU	FRI	SAT	SUN
4:00pm-5:00pm	Square Circle	Household	Square Circle	Square Circle	Square Circle	Unpaid work	
5:00pm-6:00pm	Square Circle	Active leisure	Active leisure	Active leisure		Active leisure	Life Admin - plan next wk
6:00pm-7:00pm	Active leisure	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00pm-8:00pm	Dinner	Square Circle	Square Circle	Square Circle	Aus pals online hangouts	Aus pals online hangouts	Active leisure
8:00pm-9:00pm	Therapy	Square Circle	Square Circle	Square Circle	Aus pals online hangouts	Aus pals online hangouts	Active leisure
9:00pm-10:00pm	Passive leisure	Passive leisure	Passive leisure	Passive leisure	Passive leisure	Passive leisure	Passive leisure
10:00pm-11:00pm	Calming & Relaxing	Calming & Relaxing	Calming & Relaxing	Calming & Relaxing	Passive leisure	Passive leisure	Calming & Relaxing
11:00pm-12:00am							
12:00am-7:00am							

SOME REAL TALK

- OK, honestly that took me a looong time to put together. Even for someone who identifies heavily as a detail orientated Capricorn, I found myself getting a tad bored. But to quote myself (hello healthy ego) from the previous guide : "productive activities maybe aren't always totally joy-inducing (jealous of you if they are for you) but leave you feeling pretty good about yourself once you've done them."
- I'm in quarantine for the next 12 days so that's why my timetable looks particularly bleak and potentially exacerbated my feelings of boredom while I was compiling it. I genuinely started feeling a bit down when I was trying to fill in my Friday and Saturday night activities in particular.
- The silver lining for me right now is that I have scheduled in loads of self care and leisure time and now I actually get to use that time for those things knowing that I've also attributed plenty of the week to being productive too. Nothing to feel guilty about here!
- I'm pretty in tune with my energy pattern and I don't usually work that well at night but because my business is back in the UK this is the only time I can schedule calls with the time difference so I'll need to figure out how to stay peppy at that time.
- Yes, it does feel slightly embarrassing to share my whole weekly schedule with people online.

TIPS TO GETTING STARTED (LEARN FROM MY MISTAKES)

- Don't make your schedule in Canva unless you also find yourself in quarantine with very little else to do and are feeling extra patient with yourself. Try using your Google calendar, a spreadsheet in excel or table in Word - all of these can be colour coded if that is as important to you as it is to me.
- If your Mon-Fri is going to be pretty consistent (see Scheduling 101, Module 1) then you might not have to bother with scheduling out all 5 days. Just map out one day and use this as a guide for the whole working week.
- Override your compulsion to want to cover your schedule in productivity slots. It's kind of liberating to give yourself permission in advance to spend 4 hours on the sofa on a Sunday.
- I'd use your calendar/diary for more specific appointments, activities or events and keep your schedule to a more zoomed out overview that's there to ensure you've got the balance right.
- Test it out for a day or two, see if it works. If it is, amazing. If it's not, change it around. (Don't let the power go to your head).
- As soon as you're done with this tedious task, treat yourself to your favourite beverage. I've just poured a G&T.

FOR THOSE PLAYING ALONG AT HOME:

EXPECTATION

VS

REALITY

TIME:	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am-8:00am			Online live workout		Online live workout		
8:00am-9:00am	Personal care Breakfast	Personal care Breakfast	UK video chats	Personal care Breakfast	UK video chats	UK video chats	
9:00am-10:00am	Square Circle	Square Circle	Personal care Breakfast	Square Circle	Personal care Breakfast	Personal care Breakfast	Personal care Breakfast
10:00am-11:00am	Square Circle	Square Circle	Square Circle	Square Circle	Square Circle	Household	Square Circle
11:00am-12:00pm	Square Circle	Square Circle	Square Circle	Square Circle	Square Circle	Life Admin	Square Circle
12:00pm-1:00pm	Leisure & Lunch	Leisure & Lunch	Leisure & Lunch	Leisure & Lunch	Leisure & Lunch	HIIT Workout	HIIT Workout
1:00pm-2:00pm	Unpaid work	Unpaid work	Unpaid work	Unpaid work	Unpaid work	Leisure & Lunch	Leisure & Lunch
2:00pm-3:00pm	Life Admin	Unpaid work	Unpaid work	Life Admin	Square Circle	Unpaid work	Household
3:00pm-4:00pm	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga & meditation
4:00pm-5:00pm	Square Circle	Household	Square Circle	Square Circle	Square Circle	Unpaid work	
5:00pm-6:00pm	Square Circle	Active leisure	Active leisure	Active leisure		Active leisure	Life Admin - plan next wk
6:00pm-7:00pm	Active leisure	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00pm-8:00pm	Dinner	Square Circle	Square Circle	Square Circle	Aus pals online hangouts	Aus pals online hangouts	Active leisure
8:00pm-9:00pm	Therapy	Square Circle	Square Circle	Square Circle	Aus pals online hangouts	Aus pals online hangouts	Active leisure
9:00pm-10:00pm	Passive leisure	Passive leisure	Passive leisure	Passive leisure	Passive leisure	Passive leisure	Passive leisure
10:00pm-11:00pm	Calming & Relaxing	Calming & Relaxing	Calming & Relaxing	Calming & Relaxing	Passive leisure	Passive leisure	Calming & Relaxing
11:00pm-12:00am							
12:00am-7:00am							

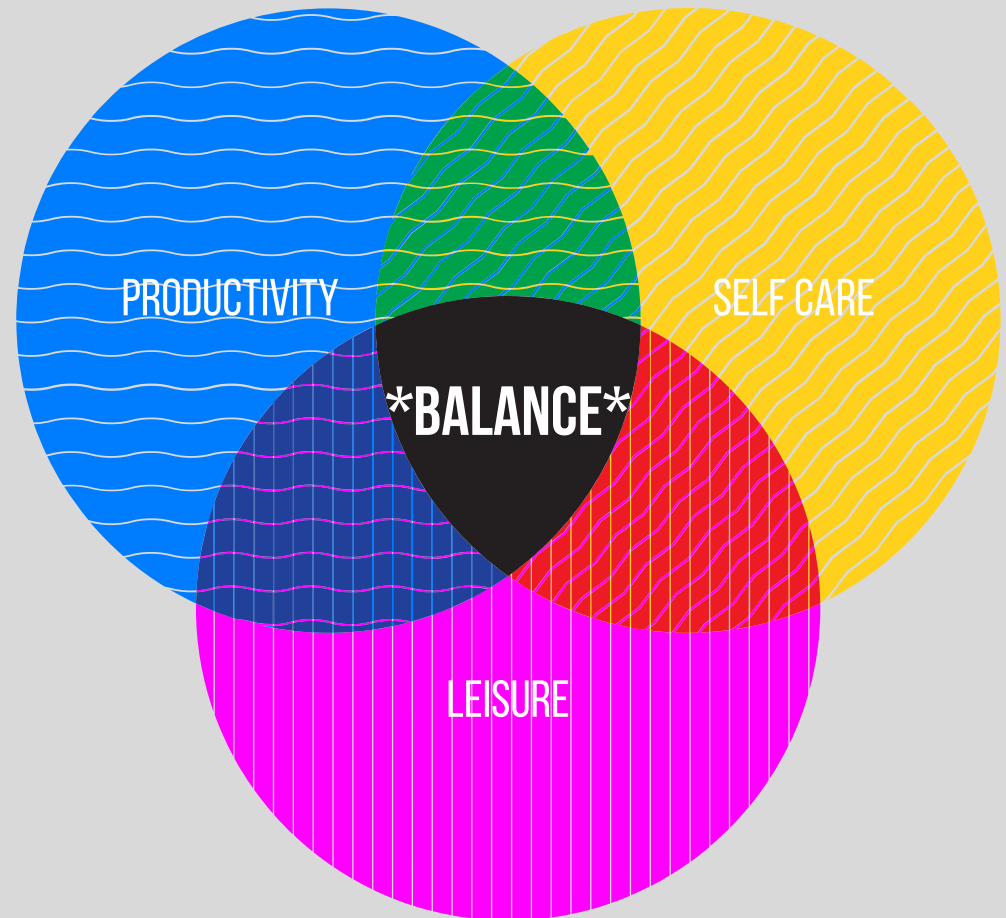
TIME:	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am-8:00am	Social media + news	Social media + news					
8:00am-9:00am	Run + Breakfast	Life Admin	Social media + chats	Social media, chats + news	Walk + talk with friend	Social media	
9:00am-10:00am	Square Circle	Workout + breakfast	Yoga + Breakfast	Personal care	Breakfast (30 mins)	Personal care Breakfast	Video chat with friend
10:00am-11:00am	Square Circle	Square Circle	Square Circle	Tidy flat	Square Circle	Tidy flat	Netflix
11:00am-12:00pm	Square Circle	Square Circle	Square Circle	Walk + podcast	Square Circle	Enjoy the sun	Netflix
12:00pm-1:00pm	Square Circle	Square Circle	Square Circle	Leisure & Lunch	Square Circle	Walk + talk with friend	Netflix
1:00pm-2:00pm	Lunch (30mins)	Lunch (30 mins)	Lunch + puzzle	Square Circle	Square Circle	Puzzle	Lunch + Reading
2:00pm-3:00pm	Square Circle	Square Circle	Square Circle	Square Circle	Square Circle	Puzzle	Puzzle
3:00pm-4:00pm	Yoga (30 mins)	Walk	Square Circle	Square Circle	Square Circle	Puzzle	Puzzle
4:00pm-5:00pm	Square Circle	Square Circle	Yoga (30mins)	Square Circle	Square Circle	Yoga	Puzzle
5:00pm-6:00pm	Square Circle	Puzzle + family time	Square Circle	Square Circle	Square Circle	Family time	Netflix
6:00pm-7:00pm	Family time	Dinner + family time	Family time	Family time	Family time	Video chat with friends	Family time + dinner
7:00pm-8:00pm	Video call Square Circle	Family time	Video call Square Circle	Family time	Family time	Family time	Film
8:00pm-9:00pm	Online Therapy	Film	Square Circle	Friends video chat	Puzzle	Family time	Film
9:00pm-10:00pm	Personal care + reading	Film	Netflix	Read	Film	Family time	self care
10:00pm-11:00pm						Video chats with friends	
11:00pm-12:00am						Video chats with friends	
12:00am-7:00am							

ROUTINE (STEP 3)

So you made yourself a jazzy lockdown schedule (or maybe you didn't but made some great mental notes). But you're a few days in and realised that being unable to leave your house for more than an hour a day hasn't magically changed your personality; motivation still seems to unpredictably flick on and off whenever it feels like it, timetables still feel more like an annoying throwback to school days than a help, and drinking wine is still preferential to exercise.

Sticking to a balanced routine is a toughie. It's no coincidence that I found this part of the guide harder to write than the rest. Sure, sure I have the theory and the colour-coding down but am I really going to try impart wisdom on others about motivation and staying on track. Me? The person that has procrastinated much of the day to write this? This fully grown adult who still feels that making the bed is very much optional? The gal who is a bit (a lot) snobby about the fact that she makes really healthy eggs + veg for breakfast everyday but will eat 3/4 of a (large) packet of biccies in one sitting if they are in the same house?

Yep, apparently I am. But stick with me. We're doing this together, remember?



"PUSH YOURSELF BECAUSE NO ONE ELSE IS GOING TO."

THAT'S WRONG. THEY WILL.

Full disclosure, as a general rule I'm not into motivational quotes.

But let me just point out that this motivational quote is inherently flawed. There absolutely are people (your boss), structures (the patriarchy), demands (the law), societal expectations (basic hygiene) etc. that push you to do things. It's the root of a thing called (semi-fancy term coming up) our '**extrinsic motivation**'.

Extrinsic motivation is when someone/thing/place gives you the incentive or momentum to do something. Very simplistically it's about doing something to seek reward or to avoid negative consequences. Some examples:

- You have a job so you can earn money. Simple.
- You go on the tube because it's the only way to get to work in under 1 hour even though you hate it.
- You exercise because you don't want to waste the money you spent on an overpriced gym membership.
- You put makeup on because you're scared to offend others with the bags under your eyes and your adult acne.
- You try your hardest in the dull uni assignment because you want a good grade. You tell your mates you barely tried of course.
- You don't walk to the shops naked because it's illegal.
- You work feverishly on your laptop at the coffee shop because you want to impress the cute barrister with your fast typing.



MOTIVATION (EXTRINSIC)

A RARE + MYSTICAL UNICORN OF THE HUMAN PSYCHE.

MOTIVATION MECCA.

Not all types of motivation are created equal. **Intrinsic motivation**, doing something by and for yourself. Because you want to. The VIP of motivation.

Armed with intrinsic motivation we are more likely to start and persist with an activity, work towards a goal, keep our eyes on the prize, and emanate a beautiful summery glow all year round.

"What *is* this thing you speak of?" I hear you ask. Some examples:

- You give to charity because you believe in the cause. And you don't tell anyone you donated.
- You take up kickboxing because you want to feel like a strong, fearless badass.
- You tidy your room/house because it gives you inner peace.
- You study for a course because you genuinely enjoy learning about the topic. You don't even get a certificate at the end.
- You hike up a big enormous mountain for the personal challenge.
- You start a business because you **know** this is what you're meant to do, this is your passion.
- You spend time making a spesh meal for a spesh person because it makes you feel warm + fuzzy to make them feel warm + fuzzy.
- You stayed home 'cos you cared about the health of others + reducing strain on health services even **before** lockdown laws came in (you're great!).



MOTIVATION
(INTRINSIC)

FINDING YOUR ISO-MOJO.

IT'S IN THERE. DEEP, DEEP DOWN.

Cool, gotchya. But you're thinking "It's Day 8 of lockdown and after my initial burst of activity on Days 1-3 I'm lying here in bed at 4pm, watching Tiger King (great choice), feeling a little stale and funky and I feel like I maybe want to change things up a bit, but can't?" I see you.

It is tricky to settle into a balanced routine. We are conditioned from very early on to rely on extrinsic factors to prompt us to do the things we do day to day. Covid has meant that all of a sudden most of those extrinsic factors aren't there. And lemme just say, extrinsic factors are not a bad thing. Encouragement, expectation, praise and validation from others can be hugely helpful. But most of us really feel it when those aren't there. And that might be playing into your Covid-funk.

So, now might be the time to take stock:

1. Recognise the factors that *were* motivating you in your pre-coronavirus existence. Are they still around?
2. Seek out some new extrinsic motivators. FYI posting online is a big extrinsic motivator (anyone else noticing a lot of home workouts on their feed?)... recognition and validation are biggies.
3. Could it be time to dig deep and move towards building your intrinsic motivation? I don't want to get tooo mushy/self-helpy but could this be the perfect opportunity to reflect on what motivates you from **within** to do the things you do/want to do.



MOTIVATION?

BTW: You can also be both intrinsically and extrinsically motivated to do something e.g. you want to go to the markets and buy fresh flowers for your kitchen because you like how they smell but also you get some lovely instagram content out of it (and you've gotta give the people what they want).

MAP TO MOTIVATION FOR THE DIRECTIONALLY CHALLENGED

ACTIVITY/GOAL	PRE-COVID MOTIVATOR(S)	DURING-COVID <u>EXTRINSIC</u> MOTIVATOR(S)	DURING-COVID <u>INTRINSIC</u> MOTIVATOR(S)
Yoga/working out	<ul style="list-style-type: none"> - Paid for membership to yoga studio - Good mental health when I went to yoga - Ran occasionally for weight management 	<ul style="list-style-type: none"> - Lots of free online yoga classes to choose - Don't want to gain loads of kgs during iso - It feels good to humble brag about being active 	<ul style="list-style-type: none"> - My mood is way better when I've exercised - I feel proud of myself when I've exercised - I enjoy yoga, I like to feel strong and flexible
Walking	<ul style="list-style-type: none"> - Save money on public transport where possible - Don't love the tube if it can be avoided - Mood booster 	<ul style="list-style-type: none"> - No walking until after quarantine. - I don't have a car here and public transport is rubbish 	<ul style="list-style-type: none"> - It will feel amazing to leave the house + get sun - Green spaces are great for my wellbeing - A great time to multitask with a podcast or call
Personal care/skincare regime/getting dressed	<ul style="list-style-type: none"> - Leaving the house meant getting out of PJs - Need to be professional human + like fashion - Skincare brands are really good at marketing. 	<ul style="list-style-type: none"> - I want people to think 'woah, so glowy, so youthful' when they see me after 4 months of my new skin care regime 	<ul style="list-style-type: none"> - Spending proper time on skin regime does actually feel really nice + indulgent + self care-y - Showering/hair washing make me feel human
Square Circle	<ul style="list-style-type: none"> - Accountability to and encouragement from my co-founder and Board + working together is fun - Pitches, workshops, meetings etc. = deadlines 	<ul style="list-style-type: none"> - I don't want to let others down - We still have deadlines, just new ones! - I want to show parents I'm a productive adult 	<ul style="list-style-type: none"> - Supporting our community of young people gives me purpose. Sticking at something even when it's hard builds my self-belief + resilience
Unpaid/ other work/ professional development	<ul style="list-style-type: none"> - Part time OT work for some extra financial security - Reading and personal bias work for SC 	<ul style="list-style-type: none"> - It's validating to write this guide and have others engage with it so positively as sometimes OT can feel undervalued. 	<ul style="list-style-type: none"> - Tapping back into my core training to support others is comforting + enjoyable. - It's personally motivating to help build routine
Tidying living environment	<ul style="list-style-type: none"> - Being a decent housemate - Tidied room when things got really out of hand - Bought a few plants to make it feel nice 	<ul style="list-style-type: none"> - Feel bad if I don't keep mum & dad's house tidy - Don't want to be caught on a Zoom call with dirty dishes everywhere. No excuse of 'no time'. 	<ul style="list-style-type: none"> - The satisfying feeling <i>after</i> doing the cleaning - I can concentrate better + feel calmer in a tidy space
Seeing friends	<ul style="list-style-type: none"> - It's just one of my favourite things to do - My weekends are wide open for social time - Do activities together like theatre + dinner 	<ul style="list-style-type: none"> - I want to be able to post a screenshot of me chatting to friends on social media so people see I have friends 	<ul style="list-style-type: none"> - Staying connected brings me so much joy - Be the instigator of catch ups 'cos remember it doesn't come naturally to everyone!
Crafty hobby	<ul style="list-style-type: none"> - Signed up to a life drawing class. Didn't go. - Occasionally got to collage for Square Circle 	<ul style="list-style-type: none"> - I feel social pressure to pick up a new hobby - Great content for social media! - Too much Netflix is boring 	<ul style="list-style-type: none"> - I actually love doing creative bits - it feels fun to embrace little kid Kath who did lots of it - Brings me independent, personal fulfilment
Puzzles	<ul style="list-style-type: none"> - None. 	<ul style="list-style-type: none"> - More great social media moments to capture 	<ul style="list-style-type: none"> - I actually find puzzles so satisfying. - Get's me into a *flow* state (bonus guide on flow to come)

SOME REAL TALK

- I've never done anything like this for myself. Even before coronavirus I knew I can find it hard to be self-motivated but never really tuned into why that might be. But yep, realised I can run very much on extrinsic motivation in a lot of areas of my life. But I'm ok with that because that's totally normal.
- Reading down the far-right column of that tool does actually make me feel good about myself. It's like tapping into a kind and encouraging inner voice!
- And back to Step 2.... Tracking how I spent my time last week was actually really helpful. I can tend to default to a negative or 'all or nothing' narrative about myself "I was so lazy last week" or "I could have worked harder, I kept sleeping in", or "I didn't do half the things I said I was going to do". But seeing what I *actually* did put things in perspective and also made me wonder why I ever thought I'd try and do anything else except just Netflix and chill on a Sunday because that is like fighting mother nature and why would I want to do that?

TIPS TO GETTING STARTED

- Try it even if it feels weird. I know it looks like lots of writing and maybe you're more of a drawer, thinker, or talker - find your own way! Self awareness is everyone's secret weapon.
- Stuck for new extrinsic motivators? Try smuggly sharing your completed to-do list on your colleague whatsapp group, re-organising the shared drive to impress your boss from afar, posting your run tracker on social media, listening to a podcast so you have something intelligent to tell your family over dinner, booking in a video date as a prompt to wash your hair.
- But the intrinsic stuff is important and maybe doesn't come as naturally. Start to consider how good you feel because of the efforts you've made, give YOURSELF some credit for the things you've done. You can start a chart of self-administered gold stars too if that's helpful.
- Actually track what you are and aren't doing. If you had something on your to-do list that you keep avoiding - does it actually need to be on your list or is it something you feel like you should be doing. Like maybe making sourdough just isn't really your thing. Don't force it.

WE'RE IN THIS TOGETHER.

Want editable templates so you can create you can plan out your own activities, design your own gorgeously balanced routine, and map out your motivators?

Realised you have a new found appreciation for Occupational Therapy and can't wait to learn more?

Managing a team that's navigating big changes including working from home arrangements and looking for ways to keep morale up?

Just having a *moment* and need someone to remind you that it is going to be ok?

PLEASE GET IN TOUCH.



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