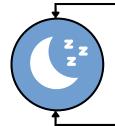


# **Pediatric Post-COVID-19 Rehabilitation Clinic**

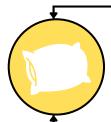
# Find Your Daily Rhythm!

Daily activities may be causing you discomfort. It is important to create a routine that paces your daily activities so that you are not over-doing or under-doing things. Over-doing, or pushing yourself, and under-doing, the opposite, can both negatively impact your recovery. Write down a plan for the following daily activities that is not overwhelming. You may need to adjust your routine before you find your rhythm.



## Sleep

Decide on a regular sleep pattern.



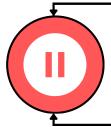
#### Nap

Consider limiting sleeping during the day and not after dinner.



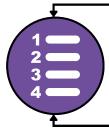
#### Meals and snack breaks

Plan a mealtime routine with predetermined snack and water breaks.



#### **Rest breaks**

Include predictable breaks in your routine.



#### **Prioritize**

Prioritize daily activities like school, commitments, appointments and tasks.



#### Plan

Plan enjoyable activities.



### **Daily step count**

Determine a baseline daily step count.



#### Movement

Schedule and plan for some type of movement or light exercise every day.



#### **Calming skills**

Learn one new calming skill.



