



Improving Your Routine

May is Mental Health month! Mental health is essential to our overall health and well-being and behavioral health conditions, including substance use disorders, are common and treatable. In 2018, 20.3 million Americans, age 12 or older, had a substance use disorder (SAMHSA, National Survey for Drug Use and Health, 2018). While it is always important to recognize the role of mental health in our daily lives, the month of May helps us bring awareness about tools that can be helpful for everyone.

Living a healthy lifestyle that incorporates mental health tools may not always be easy, but it can be achieved. We can make small, gradual changes and build on our successes. Relying on a routine that promotes a healthy lifestyle can greatly help us to achieve our goals.

A routine is defined as a set of actions that is regularly practiced and these practices can have profound effects on our emotional wellness. For instance, a routine reduces our need to regularly plan, as we become accustomed to what is needed on a particular day or for a specific task. When times are challenging, as they have been during COVID-19, it can be overwhelming to figure out what to do. Our days may begin to feel monotonous and our routines might not include the activities they once did. During this time, you can review and determine if routines are an area where you could make some adjustments to improve your mental health.

Ask yourself these questions:

1. Do I have a routine?
2. If no, what routine would I like to implement?
3. If yes, is it working for me during this pandemic? If not, how can I improve upon it?

During Mental Health month, we hope you use this an opportunity to evaluate your routines and make adjustments that will help improve your mental health all year long!

Coach-Connect

Leslie Whitney, a Peer Recovery Coach working on the Obstetrics Unit at Anne Arundel Medical Center for Project HEART (Helping Expectants moms Achieve Recovery Together), has been working from home for a few weeks now and has made a workspace that allows her to maintain her work routines.

Despite having three young children at home, and a mother that is recuperating from surgery, she says she has been able to successfully make the transition. "I have notes on the ladies I am following to make sure I keep connected with them and continue conversations where we left off."



Self-Care Corner

Hopefully, you are thinking about your routines, or lack thereof; below you will find some pointers to help guide you in developing or evaluating your routines. The most important thing to keep in mind is that the routine **works for you!**

- Have set times to wake up and go to bed.

- Get ready for your day, including getting dressed and taking care of other hygiene.
- If your work has transitioned to home, have a set space to work. Also, have set start and end times.
- Complete chores around the house including meal preparation and cleaning.
- Engage in your favorite self-care activities.
- Attend groups or appointments as scheduled.
- Engage in activities or hobbies that make you happy.

Try making a few small changes. You don't need to change everything at once, small changes add up over time. ***Did you know it takes an average of 66 days for a behavior to become automatic (a habit), but for some people it can take as long as 8 1/2 months (mhanational.org).***

Be kind to yourself and try again!

In the News

States across the country are faced with the challenge of deciding when and how to reopen, while considering potential impact on residents. This is a difficult decision; like much of the work that we do, it does not have one right answer. You might be worried about how these decisions will impact you personally and professionally. It is okay to be concerned. During these challenging times, it is important that you listen to your own needs and reach out to your network for support.

Do you want to submit something to be featured in the Mosaic Minute? *Let us know!*

We heard your feedback! The Mosaic Minute will now be accepting your submissions. Please reach out to us with your success stories, questions, pictures, or any other materials you would like to see highlighted [here](#). If you would like to submit pictures or any artwork, please send an email to your primary consultant! If you have not already, please feel free to give us feedback by filling out this [survey](#). This is also where you can submit any ideas you have regarding topics you would like to see.

Thank you for all you do on the frontlines!

For more resources and information, check out our [website](#), or click the images below to follow, like, or subscribe to our social media pages!



YOU'LL NEVER CHANGE
YOUR LIFE UNTIL YOU
CHANGE SOMETHING
YOU DO DAILY. THE
SECRET OF YOUR
SUCCESS IS FOUND IN
YOUR DAILY ROUTINE~

JOHN C. MAXWELL