

## DAY STRUCTURE HOMEWORK

This exercise is to help get your head space into a more healthy way of living day to day while you are not working. First there is a bit of information about this and then there is an example of some things to put in place.

When a person is out of work, our bodies and minds get out of sync with what used to be a working day. This doesn't feel too good. Our body clocks sometimes change and we go to bed later. We wake up feeling low as there's nothing to get up for. Job seekers also has a big negative impact on our feelings of worth and can create low mood.

The working day is a normal routine type that fits with most if not all societies on the planet. When people are between jobs, off sick, just had a baby or retired, if plans were not made to create a 'way of life' during this time (or for the rest of your life if you're retired) leaves us with no sense of purpose, or feeling lost with what to do if you're unable to fast get into work, or need a career change.

So during the in between work period, we need a day to day structure. And this needs to involve a weekend. When everyone else who works is off for the weekend, many people say they feel normal again to a degree, but once Monday comes again, they feel in a down place. This can affect your mood meaning you're less likely to feel like making the bigger changes that need to happen and also depression and anxiety can set in.

Stress (Depression and anxiety) can be caused by being OUT OF WORK. This is something a lot of people don't realise. Stress can be out of boredom and this can be a worse type of stress as it feels like a person doesn't know why they should be stressed.

Your task is to create a Mon – Fri structure to your day.  
Here is an example:

Wake up	7-8am
Get up	15 mins later. Get showered/washed/dressed and take care of yourself as normal. Have a drink / breakfast etc
9am	This is your work time. This is where you run any family errands, do jobs that need doing around the house or for others, and look for work. This can be researching future careers, market research for a new business or general applying for jobs online. (tedious as that is).
10am	15m break... This is where you eat a snack and drink and check any emails or social networking.
10:15am	Carry on with today's tasks.

- 12-1pm Lunch break and get outside. (being in daylight in the middle of the day encourages the bodies body clock to function correctly and will go towards improving your sleep). Walking and exercise here could be good
- 1pm Carry on with the days tasks until 4pm (including an afternoon break.
- 4pm Finish 'work'. You are now on par with most other people who will finish work between 3pm and 6pm. Do here what you normally used to do when you were in work.
- EVENING Plan your evening activities as if you were working during the day. Meet friends. Relax with partner and watch TV or whatever it is you two like doing, do hobbies and activities, the gym or other exercise (Stop any exercise 2 hours before bedtime), reading, cooking, whatever.
- 10-11pm This is the time most people go to bed. Ensure you have done enough physical exercise during the day to be tired enough to sleep and used your intellect to meet the need for interesting stuff too.