

Dear Summer Creek Middle School students:

We know that this is a very uncertain time for many of us. We have been ripped from our routines and what we knew as “normal”. This is a new normal that hopefully won’t last very long and we can get back to our regular routines quickly. During this time, it is easy to step into the “what if” thought process and chase down tons of rabbit holes. We get out of our normal routines and what make us happy and productive. And soon depression and anxiety take over.

But it doesn’t have to be that way. We are not sure what the future will look like, but that is the way it is always, but we can control how we respond. We have made plans for our futures and were on course to “make it happen”. This is just a little bump in the road. A bump that we need to think about how to get over and continue progressing without journey.

Your teachers are working diligently to help you continue to prepare for the next grade. It is in your best interest to take advantage of those opportunities and do your very best to accomplish them with excellence. It is almost certain you will fall behind and become even more frustrated and anxious without a routine. We have found this excellent article (see below) to give you some ideas to help organize your lives right now and come out of this time even better than before. The biggest suggestion we can give you is to build strong routines and focus not on our situation, but on your futures and where you want to be at the end of all this. Mr. Smith, ex-teacher for Global Prep Academy, has said this many times, “Don’t let your future you be disappointed with your present you.” Think about it, it makes a lot of sense.

Please know that we are here for you. Mrs. Thomas and Mrs. Harrison are available if you need any help to talk through some of your concerns. We are available through our email – Cherell.Thomas@crowley.k12.tx.us or Tisha.Harrison@crowley.k12.tx.us . Do not hesitate to contact us for help. Please be aware that emailing a counselor is not fully confidential, as always anything posted online may be viewed by others. Ideally, you should not use email for communication of sensitive information. You can email to check-in with a counselor as needed and we will reply with options to follow up (we may use email or other platforms). While we will do our best to keep up communication, we cannot ensure that any particular email will be read and responded to within

any particular period of time. Email is not appropriate for urgent or emergency or crisis, refer to the contact information below or call 911.

We believe that we will get through this even stronger than we entered. But it won't just happen. We must be intentional in everything we do if we are to accomplish the goals we have set for ourselves. Have a wonderful day and a very productive time. Hoping to see you all very soon, but until then, we will be doing my part to help you be successful – will you do your part?

One last thought – don't forget to take care of yourself. Schedule some time to play games or go for a walk or something to help you refocus. You and only be the best you when you take care of yourself.

Sincerely,

Cherell Thomas and Tisha Harrison

SCMS Counselors

Crisis Text Line	Text HELLO to 741-741
Suicide Prevention Hotline	Suicidepreventionlifeline.org/chat 1-800-273-8255
Say Something: Anonymous reports	Saysomething.net 1-844-5-SAYNOW

Why Having a Daily Routine Is Important?

By Kate Kurzawska; November 23, 2018

From: <https://www.timecamp.com/blog/2018/11/daily-routine/>

Why You Need A Daily Routine?

Successful people of the past and present are known to have a daily routine. Steve Jobs, Ernest Hemingway, Benjamin Franklin, Elon Musk or [Tim Ferriss](#) are just a few of the most popular examples. Have you ever wondered, how having good habits makes them so successful?

Daily habits may vary depending on a person. They may include such things as water consumption, exercise, personal development or eating healthily. No matter the case, these small activities form a system according to which we all function. And such a system determines how we work, how our relationships look, and what we still need to improve or change to become better, both at work and in personal life.

There are five main benefits resulting from having a daily routine. There is, of course, more but these five components are the basis for creating a balanced life. They are also helpful in maintaining your daily habits at the same level. Once you achieve that, the routine becomes something natural and you'll do everything automatically.

Check these 5 reasons for which you should have a daily routine and how it influences your efficiency.

1. Better Time Management

Having daily habits helps to organize your time during the day because you're **following a specific pattern of activities**. It's like having a to-do list of which you're crossing off the items, one by one. Usually, these activities are repeated and they constitute a coherent part of our lives. Hence, being able to appropriately allocate time to them is very important.

It's a good idea to use time tracking to know exactly how much time you spend on each activity. This will help you have a deep insight into your daily processes to better understand where your times goes. When you have a specific plan for the day, week or even month, it's easier to achieve your goals and keep order in life.

2. Self-discipline

Since there are certain things you need to do during your daily routine, there is no room for affairs from outside of your daily schedule. Once you start your day with at least one habit and continue doing it throughout the week, the rest will come naturally.

You will easily be able to **keep the discipline**, ditch all the bad habits, and get organized. And that applies to *your work, thoughts, emotions, relationships, and every other aspect of your life*.

3. Focus

Daily habits easily eliminate distractions because you are focused only on those things that need to be done.

The more you keep to your daily routine, the more automatic it becomes for you to perform all the activities throughout the day. As a result, your work is smooth, efficient, and you learn to focus only on these actions that are related to your daily schedule.

4. A Healthy Balance

Since keeping a daily routine helps to stay organized and focused, it's also a means for achieving the work-life balance.

Thanks to regular habits and self-discipline, you can clearly see when things get out of your hand. That allows you to reorganize your schedule and adjust to possible changes. As a result, you're avoiding unnecessary stress and can quickly address any problems.

5. Understanding Yourself Better

Sometimes forming your daily routine may take time. And nobody said it's an easy thing. But with time, you can develop your own habits, eliminate these bad ones, and see what works best for you by **the trail and error method**. In other words, you can personalize your daily routine according to your character, structure of work or other factors that affect your life at the particular moment.

It's a fantastic way to learn new things about yourself, what triggers the positive parts of your personality and what influences them negatively. That way you can work on your character.

What's Your Daily Routine?

Even if you're not a famous millionaire, you should think about having your own habits. You can work on your daily routine and how it can help you get ready for the new day and challenges at work. If you prefer, you can focus on evening routine as a way to relax and get rid of the stress you accumulated during the day. Or your routine can comprise of all the small activities that you perform every day. Either when it relates to work or personal life.

No matter the case, following a set of systematic practices can help you become more organized, self-aware, and successful. And don't get discouraged when things don't go as planned. Establishing a fixed routine takes time so be patient and don't give up!