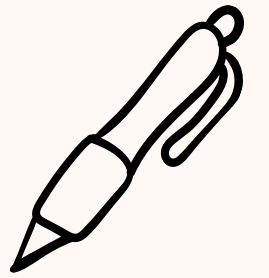


Tips for building a Routine

The A-Z of building a routine

Onto the Facts



To cope with anxiety it's essential to sit down, identify what's worrying you, and address your concerns.

When we create daily routines through exercising or changing our sleeping patterns, this allows our bodies to adjust and know what to expect.

Stress reduction is just one of the psychological benefits of routine. Organizing your time can also pay off in other ways. The result will be a happier, healthier you.





1. Create a schedule

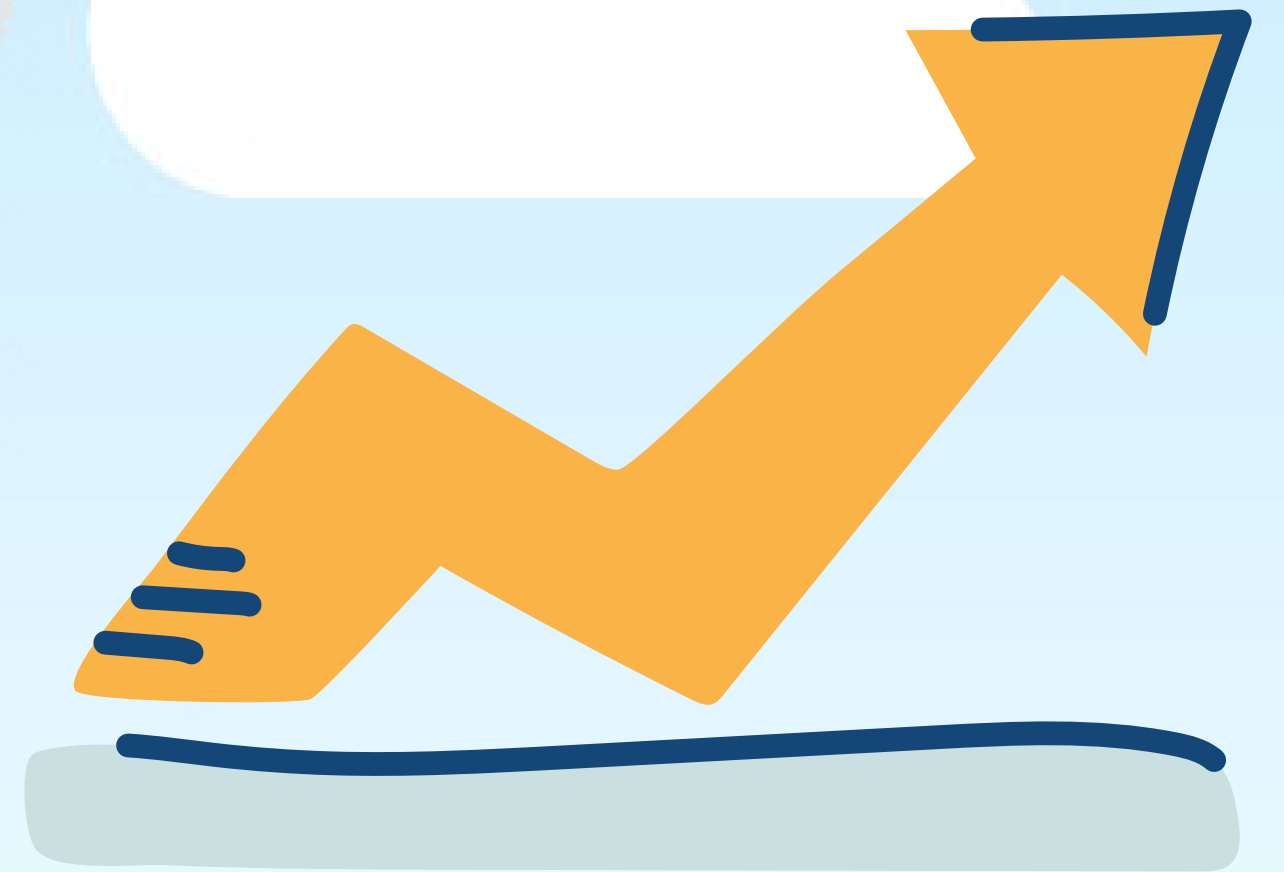
Creating a schedule helps you to develop routines organically and to see what you're already doing or what you might want to add.





2. Don't try to build routines
at once

If we try to build too
many habits too soon,
we will become
overwhelmed by the
amount of change.





3. Give yourself something to look forward to

If there's something you don't really like but you know should be made into a regular routine, try rewarding yourself for your work or doing something fun during your dreaded activity.

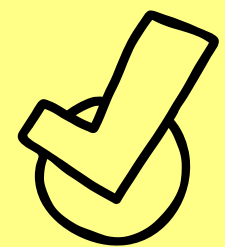




4. Remain flexible

There are times when your routine will be impossible: a sickness, a visit from a friend, a vacation. During planned times that will take you away from your regular routine, like a trip, try to incorporate what you can of your routine into that time away.





Bullet Points

- Decide what needs to be in your routine. Do you want to get more exercise or more alone time?
- Set small goals. Break each large goal into smaller goals.
- Layout a plan.
- Be consistent with time.
- Be prepared.
- Make it fun!
- Track your progress.
- Reward yourself

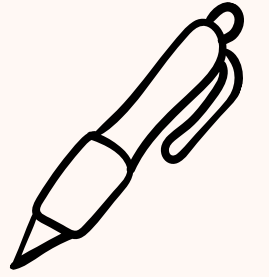


Images

Use visuals, images or templates to get organised and set a functional routine

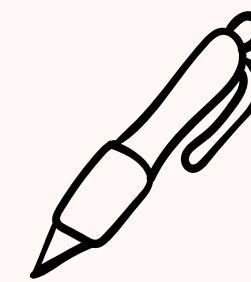


Possible Routines



- Sleep and Rest routine
- Exercise Routine
- Studying Routin
- Regular Morning Routine
- Meal Routine
- Hobbies&Fun routine
- Going to School routine





In this workbook we identify what are the steps that are needed to build healthy and meaningful routines . At the end of this workbook you can find templates that you can use to organize and plan your days or weekly routines.

