

The Benefits of Routine

We often hear that there are benefits to having a routine. Routines can help children know what to expect at certain times of the day and therefore provide a sense of control, predictability and satisfaction. Adults are really no different! Many people enjoy routine – they put us in control. Routines are therefore something that can provide real help during particularly unsettling times. When we have part of our ‘normal’ and controllable daily pattern removed, it can present us with real anxiety. This could be in the form of questioning how we will fit everything into our new day-to-day or questioning what we will do with all the time we now have. Whichever way we feel, a routine can help.

1

Routines reduce stress levels caused by the uncertainty of not knowing what will happen when. Having a routine tells us that, for example, lunch will happen at 12:30pm. We know other things can then fit around this.

2

We feel more in control. When things around us seem to be spiralling out of control, it is important to grasp control of what we can. Setting up a simple routine is one way to do this.

3

Routines can help prioritise self-care and cultivate good daily habits. These are also things that are harder to remember to do during challenging times.

4

A routine can help us ensure we allow time for all the things that are important to our mental wellbeing, such as healthy eating and exercise. If we plan into our routine the time to prepare, eat and clean up after meals, then we know there is time allowed for us to prioritise healthy meals.

5

After a day following a routine, it is easier to look back and see what we have achieved. Feeling satisfied that we have found time to exercise or completed simple household tasks will feel like an accomplishment, which also benefits our mental wellbeing.

6

A good daily routine can also improve sleep, which in turn boosts mental wellbeing.

Routine Building Blocks:

Regular wake-up time	Healthy breakfast	Exercise	Work or tasks to be done
Lunchtime	Relaxation time	Dinner time	Regular bedtime
	Fresh air		

My Routine

Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									



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