



SESSION 2

Routine

Routine can be an anchor. No matter what's going on in our day, knowing that we will be having our evening meal around 6 pm, and going to bed around 10 pm, can be a real comfort. Being a carer can bring a lot of unpredictability to our lives and the certainty of our routine can help us to manage the uncertainty that life can throw up. Coping with unpredictable periods of time can feel more doable when we have a little structure in place to look towards.

REDUCING STRESS

Having a daily routine can help to reduce our stress levels. Trying to remember things can be really stressful and can fill our brains up with everything on our 'to do' list; which can be incredibly overwhelming. When we have a routine, a lot of the things we do day-to-day slot in, and we don't have to think about them anymore. For example, when we're well we don't have to remember to clean our teeth, because we know from habit that teeth-cleaning comes after breakfast every day. Routine can take the guesswork and uncertainty out of bits of our day, which can allow us to feel more in control and less stressed.

DAILY HABITS

Having a routine can help us to cultivate positive daily habits and to prioritise self-care. Organising our time gives us the opportunity to build in blocks of time for things that are important to us. This can allow us to build in daily habits that help us with our mental health. It could include things like time to relax, or a regular bedtime. When they're part of our routine, it can make it easier to keep up with them because we have the time to do them and they become our 'new normal'.

BUILD IN THE IMPORTANT THINGS

Creating a routine allows us to build in time for the important things. This includes time to rest, relax, and have fun. It's not perfect – there are always going to be days when something overruns, a job takes three times as long as we expect it to take, or someone pops in unexpectedly. But structuring our time to include some downtime increases the likelihood that we'll manage to have that time most days. We will all value different things – for some of us it might be having a bubble bath, others might want some time each day to talk to a friend while some of us might enjoy sitting and reading for a little while. For many it could be something else entirely, but that's why our daily routines are individual to us.



ROUTINE



SLEEP



NUTRITION



HYDRATION

