

HELP for
HEROES

RECOVERY COLLEGE:
SELF-HELP GUIDES
TO RECOVERY

MOVE FORWARD:
**OWNING
YOUR DAILY
ROUTINE**



WHY IS ROUTINE IMPORTANT?

Having a routine can be helpful at any time, and in particular when you are trying to establish healthy habits or when parts of your life feel uncertain. A daily routine can help you to feel more in control of your life and teach you how to make room for what's important. It can also increase your focus and boost your energy levels.

A lack of routine can have the opposite effect and make you feel low and demotivated. If, for example, you find

yourself not wanting to get dressed in the morning, ask yourself why that is. If it is because you have nothing to do, consider what would really help you at this point in your life and start to build from there.

Starting a routine can be as simple as making a call to a friend once a week or getting some fresh air every day. In this guide, you'll learn some tips to help you devise a daily routine that works for you.

OWNING YOUR DAILY ROUTINE: SOME SIMPLE TIPS

Here are some things to consider when creating a healthy daily routine. Remember that small positive changes can make a big difference, so even incorporating two or three of these suggestions into your day will bring benefits.

1. GET UP

Set an alarm and get out of bed at the same time each day. Lying-in too often can have a negative impact on your mood, feelings of self-worth and energy levels. Try to limit lie-ins to an occasional treat to look forward to.

2. **HAVE A MORNING ROUTINE**

Set out a clear and structured morning routine. Make your bed, have a cup of tea or coffee, have a shower and get dressed – keep it simple and enjoyable. Consider how things like music or fresh air at the start of your day can put you in a positive mindset.

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3. GET DRESSED

Staying in your pyjamas all day can make you feel lethargic and demotivated, which can lead to negative thought patterns and a decline in your mental wellbeing. If you find you are a bit of a procrastinator, set out your clothes for the next day the night before, so that deciding what to wear doesn't become a barrier to getting dressed in the morning.

4. HYDRATE TO MOTIVATE

Use a water bottle to track how much you are drinking each day and set yourself a goal to drink the recommended six to eight glasses, which is approximately 1.2–1.5 litres. A good hydration routine can be a game changer, helping you to feel more energised and productive.





5. **EAT WELL**

Try to eat your meals at regular times each day and always eat breakfast, lunch and dinner. Planning your meals each day is also a great way to ensure you make, and stick to, healthy meal choices, and it needn't be difficult to do. Keep healthy snacks on hand too, so that if you feel hungry between meals you have good choices available and aren't tempted to raid the biscuit tin!

Our Self-Help Guide to Eating Well has lots of great advice to help you keep your healthy eating on track.

6. MOVE MORE

Planning even a little exercise into your day can really boost your mood, as well as help you to stay fit and active. Set aside at least 20 minutes each day to go for a walk, do a home workout or even just some vigorous housework or gardening.

There are lots of free online resources that can help you plan a workout that works for you. Why not get started by trying out [one of our online yoga sessions?](#)

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7. **STAY SOCIAL**

If your current day to day routine includes little in the way of social contact, make this an area of priority. Checking in regularly with friends and family, even on the phone, can really lift morale and give you the opportunity to talk anything through that might be on your mind.

8. **TAKE TIME TO FOCUS**

It can feel tempting when you have lots of time on your hands to keep putting off daily tasks. By setting aside time for them, not only will you get them done, you'll feel a sense of achievement when you do so. Hold yourself accountable by using a diary or creating a 'to do' list and ticking things off as you go.

A close-up, high-angle photograph of a woman with long, wavy brown hair sleeping peacefully in a bed. She is lying on her side, facing right, with her eyes closed and a serene expression. Her head is resting on a white pillow, and she is covered by a white sheet that is draped over her head and shoulders. The lighting is soft and natural, highlighting the texture of the white fabric and the woman's features.

9. **MAKE TIME TO SLEEP**

At the end of each day, set aside some time to wind down before you go to sleep. During this time, avoid activities that might keep you awake like intensive exercise, drinking caffeinated drinks or looking at your phone or TV screen. Try instead to get into a routine of doing something relaxing and enjoyable, such as reading a book or practicing some mindfulness techniques. Try to go to bed at the same time each night, to get your body used to a regular sleeping pattern.

Our Self-Help Guide to Sleeping Well has lots of great advice if you have trouble sleeping.

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10. **DON'T BE AFRAID TO CHANGE THINGS UP**

A change of routine can have an impact on so many things such as your sleep pattern, anxiety levels and productivity. If your routine isn't working for you, tweak it until you start to feel more settled. The smallest of changes can have a massive impact and it's your routine, so own it!

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TIP:

Are you struggling to imagine a positive and pro-active daily routine? Here is just one example:

0700–0800: Get up, get showered and get dressed

0800–0900: Morning exercise/yoga/walk

0900–1000: Prepare and eat breakfast

1000–1100: Work on some of your self-help guides

1100–1200: Take a break, go for a walk in the fresh air

1200–1300: Prepare and eat lunch

1300–1500: Work on some of your self-help guides

1500–1600: Call a friend for a catch up

1600–1700: Do a bit of housework or gardening

1700–1830: Prepare and eat dinner

1830–2030: Watch something you enjoy on TV

2030–2200: Read a book or practice some mindfulness exercises

2230–2330: Bedtime.

AND FINALLY...

Remember that a routine is individual to each person and even the smallest of adjustments to yours can make a big difference to the way you feel. Your daily routine belongs to you. If it is not working for you, you have the power to change it.

If you have any questions at all, take positive action by contacting a member of our Recovery team:
getsupport@helpforheroes.org.uk