

# STRUCTURE & ROUTINE



## TOP TIPS

It is important to keep a good structure and routine for a healthy life. Balance is important for everyone's health and wellbeing.

Building a routine you can stick to in daily life may not sound important, but for some people routine is what helps to keep them grounded.

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 things don't go to plan. Weekly or daily planners will help you to focus on what your day or week will look like.

**Here are some TOP TIPS to help you build a good daily routine.**

- Organise your week using a planner
- Set a day at the weekend to fill your planner for the week
- Add all the appointments and visits and activities you have that week to the planner
- Add the time you plan to get up in the morning and when you plan to go to bed
- Add breakfast, lunch and dinner to the planner
- Have a look at days you may not have much to do (you could plan another activity i.e. visit friends or family or just have a quiet day)
- Your planner will help you structure your week

