

How **routine** helps your brain



Routine

A routine is a pattern of behaviours or tasks usually done in an organised or set way. An example may be waking up, turning off your alarm, getting out of bed, then brushing your teeth. You may have a similar routine that you do every day. While we all have several routines throughout the day that we may do even without thinking about it, they are still very important to our everyday lives and well-being.

Meeting our everyday goals, even one as simple as brushing our teeth, gives purpose to our lives. Without routines, our lives would be very chaotic. This would make it difficult to accomplish tasks.

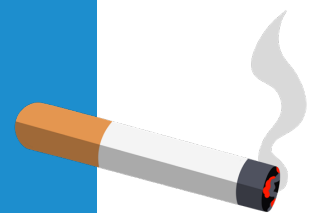
Benefits

Routines can be very good for us. They give us a sense of purpose, boost our self-esteem and our mood, and even give us better study habits. Routines are associated with lower levels of depression, anxiety and feelings of hopelessness.



Cons

While routines are usually good, they can be bad when they are made up of bad habits. This could include smoking or poor diet. When bad habits are part of a routine, like having a cigarette after your morning coffee every day, it makes it even harder to break the habit.



Forming a routine

Forming a routine is much like forming a habit in the way it takes a lot of time for it to become something you do without thinking. Science shows it can take on average over 65 days for a habit to become automatic. For a routine to become regular, consistency is key. It is more important to do it long term rather than every single day for a short time. Messing up once in a while won't ruin you forming a routine!



Routine Sources

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