

Healthy Routine - Healthy Distractions

Our brain works in a way that loves routines and loves patterns. It takes cues from the daily routine patterns that we have and it loves that rhythm, it loves having habits because it wants to be efficient. Without a routine we can feel our mood drop and we find ourselves focusing on the negative things. A lack of structure increases our stress response and makes it harder for us to cope with the stress.

With routine, our brain feels more relaxed and stress levels are decreased. So let's help ourselves, our brains, our emotions, our productivity and our sense of purpose and let's create a daily schedule and a positive daily routine.



Without a daily structure our brain focuses on distractions that are going to be unhealthy for us and we lose focus in our goals. It is important to learn to be intentional with our time and to have some healthy habits to engage in everyday around the same time. For example:

Waking up

Meditating

Eating

Completing college work

Going for a walk

Watching a video

Something that you like to do.

Within this section I will share with you a number of positive healthy routines to bring into your daily life. The more we engage in healthy habits, the better we feel, the more confident we become, the more productive we are and the more we enjoy our life.