



# Practice self care with five helpful routines

Routines help us manage strong feelings.

Having a daily routine is a good way to look after yourself and develop helpful habits to manage feelings.

## FIVE HELPFUL ROUTINES

-  Wake up at the same time every morning
-  Eat breakfast and lunch at the same time
-  Schedule 1 pleasant event every day
-  Practice mindfulness for 5 minutes
-  Take a shower when you wake up or when you go to bed

