

"The Power of Routine: How Daily Habits Shape Your Mental Well-being"

HEY EVERYBODY!

I hope you doing great.

In this article we are going to talk about the routines and their roles in our life.

1. At first let's describe the definition of routine.

It's the complex of our frequent habits, activities, jobs and ...

It could be the simplest habits, or it can be a really hard task that we repeat it for a long period of time like for every day, week, or even months.

Routines have a really important role in our life, it makes our life easier, it helps us more ordered. It could help us in some decision making and it's so impact in our lifestyle.

In this noisy and messy world routine works like a mental anchor.

2. Why routines are very important for mental health?

A. Decrease stress and anxiety.

When your brain and mid knows what is coming next the be more relief and more stable.

B. It makes a sense of control in our mind.

C. Routines could increase our Sens of self-esteem.

D. Routines helps to be a better time manager

3.The habits that could improve our mental health.

- A. Regular sleep**
- B. Proper nutrition**
- C. Physical activity**
- D. Assign a time only for yourself.**

4. How to make a routine and how do we start?

A. Start from little things.

It's not supposed to be a hard task it could be a simple thing like set a time for your bedtime or have a running routine every morning.

B. Make your goals more realistic.

Your routine should not be too easy or too hard.

C. Use gadget that helps you to make a routine.

It could be “google calendar” or “habitca” or a simple note pad or a to do list.

D. Be flexible with your plans but also stubborn.

Life never fully syncs with your plans, but you need to stick with your goals

5. Challenges & solutions

A. Boredom and mental fatigue.

Many people get exhausted in middle of the road because they think that routines must be accurate and precise, but sometimes our mind get tiered, and we have to make the routine easier or even make a new routine.

B. obsession with imperfection

One the biggest obstacle in routines is perfectionism, don't try to be the best every day it's okay to lose a day or two m be gentle with yourself;)

C. Lack of constant motivation

Motivation is not a constant factor, it's better to focus on repetition

And always remember that repetition makes motivation.

D. Compare yourself with others

It's the worse snare that kills your vibe and energy; every people are different with others don't compare yourself with others just focus on yourself

Conclusion & deduction

Having a routine doesn't guarantee that things won't go wrong or everything be in your control, but it helps you to be better than your yesterday.

Remember that small habits make great successes

Make a habit now, start your routine today,

For example, you can start running for 15 minuets every morning or make a time for reading at nights .

I hope this article helps you

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