



BENEFITS OF A DAILY ROUTINE

MENTAL HEALTH

REDUCING STRESS

- #1. Planning time for day-to-day tasks in a daily routine can minimize stress and create stability.
- #2. Better stress levels lead to improved mental health, more time to relax and less anxiety.

DAILY HABITS

- #1. Having a routine can help cultivate positive daily habits and prioritize self-care.
- #2. Planning time for daily habits is important to mental health, such as relaxation or family time.

SLEEP SCHEDULE

- #1. Sleep schedules affect mental sharpness, performance, emotional well being and energy levels.
- #2. Having a regular sleep routine can make it easier to fall and stay asleep.

PHYSICAL HEALTH

HEALTHY DIET

- #1. Food impacts overall health, so planning a balanced diet can improve mental and physical well-being.
- #2. Blocking out time for cooking, eating and clean up can help in making healthy food choice.

EXERCISE

- #1. Being active has many health benefits, both physically and mentally.
- #2. Setting aside time to exercise minimizes the chances of one being too busy for it.