

Implementing

PERSONAL ROUTINES

A STRATEGY FOR **BUILDING STRESS RESILIENCE**
TO IMPROVE HEALTH AND WELLNESS



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STEP 2. Define clear and explicit behavioral expectations for each routine.

With each chosen routine, follow this routine blueprint to establish the routine.

ROUTINE Blueprint

Routine for: _____

Routine Trigger: _____

Routine ACTIONS:

How to Make it EASY: _____

Tips:

- Keep the routine simple.
- Include parasympathetic activator actions as appropriate.
- Add mindfulness to the routine to create consciousness as appropriate.
- Include multiple senses and activate both sides of the brain as appropriate.
- To make it easy to remember, create an obvious notification, reminder, or alarm that gives you enough time to complete the routine without rushing.

STEP 3. Model the routine then practice, practice, practice.

After the routine has been created, repeat it, review it, and revise it as necessary.

Automaticity is the goal.

STEP 4. Create visual reminders for the chosen routines and use these as visual reminders to help as you perform them.

Use the next page, or create some other visual reminder, and post it in a conspicuous location where it is easy to refer to when it is time to initiate the routine.

*Be creative in your routines and how you trigger their activation.
If you can generate positive emotions during these routines,
the actions will have much greater effect.*

Routine:

Routine Trigger:

Routine ACTIONS: