

Routine Without Rigidity

BEHAVIOURAL STRUCTURE · FLEXIBILITY AND EARLY WARNING SIGNS

A routine that holds you up, without boxing you in

Some structure can support mood, sleep and energy, especially during hard times. Too little can leave days shapeless; too much can make every change feel like failure. The aim is a middle path: a few essentials, some helpful habits, and room to bend.

TOO LOOSE

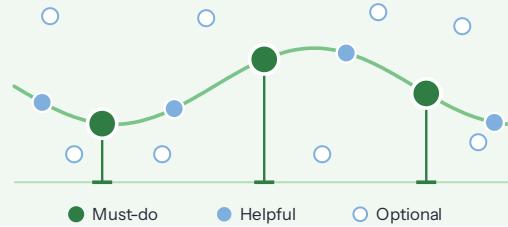
Days lose their shape
Sleep and meals drift
Hard to get started
Low mood can deepen



add a little structure

Flexible structure

a few anchors, not a cage



THE MIDDLE PATH

TOO RIGID

Distress when plans change
All-or-nothing thinking
Guilt over missed tasks
Little room for rest or joy



loosen your grip

01 My three layers

fill in what fits; it's fine to leave gaps

	Must-do the few anchors that matter most	Helpful supports me on most days	Optional nice if there's room
Morning			
Daytime			
Evening			

On a hard day, *my must-dos are enough*. They are: _____

02 When my routine starts slipping

notice early, respond gently

STEADY Holding well Must-dos mostly happen, with some room for helpful and optional things.	DRIFTING Starting to slip Helpful habits often fall away first: sleep, meals or contact with people shift.	SLIPPED Back to basics Return to must-dos only, then rebuild one layer at a time, without judgement.
Signs I'm here 	Early signs for me 	My first step back
What helps me stay here 	What I'll do 	Who or what can help

Missing a day isn't failing

In a study of how everyday habits form, missing an occasional day did not meaningfully set people back. Consistency over time seemed to matter more than perfection.

It was one modest study, so read it as encouraging rather than a firm rule. Bending to what each day allows, while keeping what matters in view, is also a core aim of acceptance-based approaches.

This week, my routine felt...



What I'd like to talk about

SOURCES

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