People are creatures of habit, and routines offer a way to promote health and wellness through structure and organization. Having a routine can greatly improve your health. Familiar activities can also provide comfort for both adults and children during challenging and uncertain times.

**Here are some ways developing a healthy routine can help improve your overall health:**

- Improves stress level management
- Improves sleep quality
- Helps prevent burnout
- Decreases anxiety
- Promotes healthy habits

Make sure to keep routines simple and flexible. Everyone is unique and not everyone requires a fully scheduled day to reap the health benefits of a routine. Make the choices that work for you and cater towards your success, knowing they’ll only make you healthier and more efficient with your time. Also, don’t forget to add breaks in your schedule. This will prevent burn-out and will help improve your efficiency throughout the day!