



Why routines work for you

"Routine" has a bad reputation.

Things considered "routine" aka "run-of-the-mill" or "regular" could be seen as possibly boring. But when it comes to functions that get you through the day—walking the dog, making meals, doing school drop-off—we would be nowhere without routine.

We're on autopilot for about two-thirds of our actions each day. In some ways, it could be considered that we are sleepwalking through our lives. However, that couldn't be further from the truth.

65%

**of our everyday behaviors
are part of routines¹**



Free your mind

We make thousands of decisions a day. If it was possible to free yourself from even a few of these,² wouldn't it be a relief? It could potentially lighten your mental load and reduce your stress level.³

This is where routines become useful. By creating a series of actions you take without much thought, you're freeing up your mind. Imagine what you could do with a few free moments.



Relying on routines can:^{3,4}

-  **Increase productivity**
-  **Improve sleep**
-  **Lower feelings of stress and anxiety**
-  **Reduce decision fatigue**
-  **Improve overall physical health**

Freeing up your mental capacity is good for your mental health.

How to build routines

Choosing to follow routines is a little more deliberate than building a habit, which is done automatically. That's why when people talk about routines, they are tied to specific actions—morning routines, workout routines, bedtime routines, etc.^{4,5} But how do we get there? **With intention.**

Pick an area of focus

Such as bedtime, healthy eating, managing stress or exercise.

Stack small actions

Choose what actions will go into your routine. For example, if you're managing stress, your routine's actions may include finding a quiet space, practicing breathing exercises, listening to soothing music and writing yourself words of encouragement.

Trust the process

After a short period of consciously taking actions, it will become easier. You may actually look forward to the routine.



**Even small consistent steps add up to relief for your mental load,
allowing you to feel better mentally and physically.**

Learn how Teladoc Health can help support you on your wellness journey.
To sign up or learn more, go to TeladocHealth.com/smile

¹<https://www.sciencedaily.com/releases/2026/03/260305223226.htm>

²<https://www.psychologytoday.com/us/blog/stretching-theory/201809/how-many-decisions-do-we-make-each-day>

³<https://www.uclahealth.org/news/article/how-daily-routine-can-boost-your-mental-health>

⁴<https://www.psychologytoday.com/us/blog/conquering-codependency/202312/routine-reset-daily-habits-for-good-mental-health>

⁵<https://www.nm.org/healthbeat/healthy-tips/health-benefits-of-having-a-routine>