

## Benefits of a Routine in Recovery

There are numerous advantages to establishing a daily schedule in recovery, some of which you may already be aware of from your time in treatment. If you're wondering why you should stick to a set daily regimen now that you've completed rehab, consider the following advantages.

1. You keep a feeling of direction in your daily activities.

Making a regular routine for yourself provides you a goal, keeps you occupied, and lessens the desire to use drugs or alcohol again.

2. You are more capable of dealing with stress.

Many people relapse as a result of stress. By maintaining a daily routine, you reduce the anxiety you feel due to unexpected events. This is because you put in the effort to create a structure in your life that allows you to be prepared for the unexpected.

3. Your self-esteem and self-efficacy improve.

You'll learn to cherish and love yourself for who you are as you learn to prioritize your health and emotional well-being in recovery.

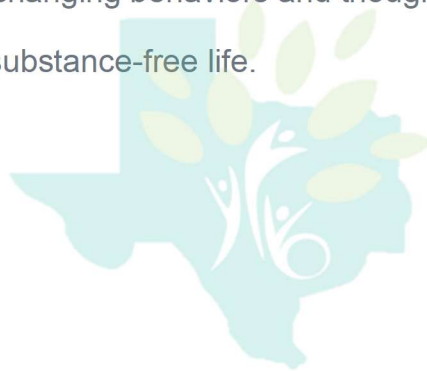
4. Your cognitive abilities improve.

A daily exercise practice, according to Harvard Medical School, can help minimize cognitive impairment, anxiety, and stress while also boosting memory, mood, and sleep.

5. You lower your overall risk of relapse.

You are safeguarding your recovery and preventing relapse by developing and adopting a daily routine for yourself that includes positive, life-changing behaviors and thoughts that will regularly combat cravings and help you find meaning in a substance-free existence.

By building and implementing a daily routine for yourself, you are safeguarding your recovery and **preventing relapse** with positive, life-changing behaviors and thoughts that will consistently fight cravings and help you find meaning in a substance-free life.



TEXAS  
INCLUSION

## Example of a Daily Schedule

Although it's very important to establish a daily routine for yourself in recovery, no single addiction recovery daily schedule will work for everyone. Most importantly, not everyone needs a full daily schedule to succeed in recovery. **Your routine may look very different from some of your peers' in recovery, but the most important thing is that it works for you.**

If you're having trouble establishing a daily routine for yourself, it can be helpful to have a guide. Here is an example of a daily schedule for recovering addicts. Just remember, do what works best for you and adjust as needed.

**7 a.m. – 7:30 a.m.** – Wake up and get ready for the day

**7:30 a.m.** – Exercise routine – this can be as simple as walking around the block

**8 a.m.** – Breakfast

**8:30 a.m. – 9 a.m.** – Chores

**9 a.m. – 12 p.m.** – Work, volunteer, school

**12 p.m.** – Lunch

**1 p.m. – 4 p.m.** – Work, volunteer, school

**5 p.m.** – Recovery meeting/fellowship/IOP/aftercare

**6 p.m. – 7 p.m.** – Dinner

**7 p.m. – 8:30 p.m.** – Rest/hobby/self-care

**8:30 p.m.** – Nightly meditation/yoga/praying/day reflection

**9 p.m.** – Shower and get ready for bed

**9:30 p.m.** – Bedtime routine and lights out



**TEXAS  
INCLUSION**