

# Routine Interrupted

## How can we cope?

Disruptions are a part of life, but usually temporary. In these times, grant yourself permission to eat and move in more relaxed and different ways.

Many of us thrive on routines because they offer control. Letting go of that can be scary. But knowing you can roll with the chaos is its own kind of control!

Challenge all-or-nothing thinking. If you can't do all your normal self-care routines, ask yourself "What would be better than nothing?"

Plan for "A schedule" days and "B schedule" days. This can help you create a more relaxed version of your normal routine for when life throws those curveballs.

Be proactive and plan ahead. We often know when disruptors are headed our way, so use that to prepare accordingly.

Welcome the opportunity to be thrown off your routine. Maybe it will lead to unexpected goodness!