

# The Power of Routine in Recovery

## A Day Without Structure

- 🕒 9:00 AM – Sleeps in late, skips breakfast.
- 🕒 12:00 PM – Feeling sluggish, grabs fast food.
- 🕒 3:00 PM – No planned activities, boredom sets in.
- 🕒 6:00 PM – Social isolation, mindlessly scrolling on the phone.
- 🕒 9:00 PM – Increased cravings due to lack of structure.
- 🕒 11:00 PM – No bedtime routine, trouble sleeping.

**Consequences:** Increased stress, higher cravings, poor sleep, emotional instability, and greater relapse risk.

## A Day With Structure

- 🕒 7:30 AM – Wakes up at a set time, eats a balanced breakfast.
- 🕒 12:00 PM – Mindful lunch, hydration, social check-in with a support person.
- 🕒 3:00 PM – Engages in a planned activity (exercise, hobby, therapy session).
- 🕒 6:00 PM – Dinner with family or peers, relaxation time.
- 🕒 9:00 PM – Wind-down routine (reading, meditation, journaling).
- 🕒 11:00 PM – Bedtime at a consistent hour for quality sleep.

**Benefits:** More energy, reduced cravings, improved emotional regulation, better sleep, and lower relapse risk.

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