

# Bookend Routines

When life feels uncertain and unpredictable, having routines throughout the day can help lessen anxiety and provide familiar structure. Especially important are morning and evening routines that can bookend the day.

Create your own bookends by thinking about which routines are most helpful for you. Write the most helpful morning routine on the first book and the most helpful nighttime routine on the last book. Then, fill in the rest of the books with other routines you do throughout the day. When you're finished, share your helpful routines with your family!

