

# SANE AUSTRALIA

## SANE Australia Online Peer Group

Date: 26/08/2021

**Title:** Creating and Keeping Routines

**Description:** Having structure and routine in our lives can be valuable to our wellbeing; if there is not enough structure or routine, we might notice a negative impact on our mental health. Especially for people living in covid lockdown, where many routines or activities have been disrupted, keeping up new, positive routines may be particularly important. This group is open to anyone who'd like to chat with others about developing better routines in their life.

HappyCastle (PSW)

Welcome everyone to today's Peer Group Chat talking about creating and keeping routines.

First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. This always was and always will be Aboriginal land.

This is a new peer support service we are running! Because of this, we really value your thoughts on how it goes, so we will send a link to a short survey at the end of this chat for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can access the survey here now: [https://sane.au1.qualtrics.com/jfe/form/SV\\_5uUF0sHJRKQ6wyW](https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW)

	<p><b>Tonight, peer support workers @HappyCastle and @CloudCore will be facilitating a discussion around the topic of creating and keeping routines. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, I'm sure everyone has learnt a lot from experience with lockdown. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation could be heavy in nature as we may talk about our mental health struggles. @Jynx, who moderates on the SANE Forums, is working behind the scenes to ensure our safety.</b></p> <p><b>If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs#what-if-i-am-having-a-tough-time-and-need-immediate-support">https://www.sane.org/peer-support/peer-group-chat/chat-faqs#what-if-i-am-having-a-tough-time-and-need-immediate-support</a>). If you can't find an answer to your question there, please message @Jynx directly.</b></p> <p><b>We're looking forward to creating a space where we can reflect and learn together and expand our ideas of living through lockdown! Lastly, just so you're aware, the transcript of this group will be made available for download afterwards on SANE's Peer Support website.</b></p>
<b>HappyCastle (PSW)</b>	Welcome everyone! We'll be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves! I'm @HappyCastle
iPhone	Hi. Thank you
CloudCore (PSW)	Hi @iPhone, welcome to the peer group chat!
Shaz51	Hi iPhone, its great to have you hear as well!
CloudCore (PSW)	Welcome @Shaz51
Minette60	Hi everyone!
CloudCore (PSW)	Hello @Minette60, welcome to the chat!
Minette60	Thank you!

Shaz51	heyyyy @Jynx (Moderator)
frog	Hi everyone
CloudCore (PSW)	Welcome, thanks for joining us @frog
<b>HappyCastle (PSW)</b>	<b>Ok, let's start the conversation for tonight! How aware are you of the routines in your daily life? What kinds of routines do you have?</b>
Jynx (Moderator)	Hey all, I'll be floating around this evening ! Glad to be here!
Jynx (Moderator)	Hehe howdy @Shaz51
iPhone	I am studying at tafe so it's online atm. I work a→ routine around that for some of the week at least. I get up early and walk most days along the river close by. It is challenging on my none tafe days to keep a routine though.
frog	I have a morning routine though sometimes it takes all day! I would like to have an evening/winding down routine too.
Minette60	Thinking about it, my 'routines' settle around my two girls (dogs) One in particular, needs routine and doesn't cope well with changes.
Jynx (Moderator)	I suppose there are the structured routines, like going to work each day, and then there's the ones I try to set for myself, which can be a bit more challenging - like sleep hygiene!
cloudcore	I didn't have a routine when I was in university however now I have much more structured days around work!
Minette60	I wish I could set up a routine that I could stick to, in relation to keeping my house clean
frog	@Jynx (Moderator) sleep hygiene is what I need.
Jynx (Moderator)	@Minette60 oh moood - cleaning house is always a struggle

Apc	Hi everyone
HappyCastle (PSW)	<b>Sometimes we might have routines that we are less aware of. For example, reading the newspaper or watching a particular TV show on a Tuesday night. These positive routines may not be ones we think hard about doing but they can add to a feeling of predictability in daily life. What are some positive routines that you may not have listed before that improve your daily life?</b>
frog	I am finding lockdown has really thrown my routines into chaos. Work normally makes me get going and I try to fit in my morning routine before that.
HappyCastle (PSW)	@frog that's so relatable to me too
cloudcore	I've experienced that too @frog
Apc	Intend to have a routine most times and every now and then tend to change it as it keeps me motivated
Jynx (Moderator)	It's a lot harder to keep a routine when you're not able to leave the house! Everything seems to blur together.
Minette60	I think it's easier having a routine when you have a job/study. I'm on DSP and live alone, so it's hard to get motivated about most things but dull chores are abysmal, hence why I have a tendency to ignore them. I then have to binge clean when I have a house inspection, etc.
frog	Slowing down on the weekend is usually a good kind of rhythm of life thing for me
iPhone	I have some routine going to a park close by. I actually have a few to choose from and it's good to spend time in a green space for a bit daily.

BPDSurvivor	I agree with Minette, work and study keeps me in check
cloudcore	Hi @BPDSurvivor, nice to see you here!
Hi @BPDSurvivor→†, nice to see you here!	Hi!
Minette60	I think for me, having my girls forces me to get up in the morning.
frog	I love that idea @iPhone of building green space time in
HappyCastle (PSW)	@iPhone routines that involve nature are so lovely
BPDSurvivor	I didn't realise how rigid I am in my routines....to the minute! So there are pros and cons to routines
iPhone	I would like a bog or cat @Minette60 but I don't want the responsibility atm
Jynx (Moderator)	Agree! I get restless and weary if I haven't been in nature for a while
<b>HappyCastle (PSW)</b>	What are some ways that positive routines are beneficial for us in our daily lives?
BPDSurvivor	Routines of taking my meds on time has also improved my daily life. Makes a huge difference. Seems obvious, but I never bothered with timing of meds before - just took them whenever
iPhone	@HappyCastle (PSW) yes I really love my parks!!
Minette60	iPhone, I've always had dogs. Yes, they're a responsibility but they keep me here and provide me with heaps of love and laughter, so very worth it for me. I realise everyone is different though..

HappyCastle (PSW)	I really agree. Having my dogs has always forced me to stick to a routine, even if I'm feeling really apathetic, because they need it too!
BPDSurvivor	Positive routines keeps us in check and gives boundaries and predictability. It reduces the cognitive load in having to THINK about what is coming next, because we almost do it automatically.
BPDSurvivor	So it gives our brains a rest
cloudcore	I think that life and relationships can be so chaotic at times. It can be good to have positive routines to give us some predictability back!
iPhone	I do find I feel better both physically and mentally if I keep a routine. I do love to stay up late and listen to music though sometimes
BPDSurvivor	Yes @cloudcore... reminds us that we need our own space and time!
frog	Routine does help me manage my mood
Jynx (Moderator)	Routines help provide me a sense of stability and certainty and is good to default to if I'm not sure what to do with myself
BPDSurvivor	Agreed @frog. When the world is tops, turvy, routine can bring back some stability
BPDSurvivor	Routines are also a comfort during stressful times - because we are acquainted with the 'what next?'
HappyCastle (PSW)	<b>Lockdown and general mental health difficulties can sometimes get in the way of our routine, or even lead to the development of less helpful routines. Have you noticed any less helpful routines within yourself you would like to shift? If so, which ones?</b>

iPhone	I have an exercise physiologist and psychologist at the same time each Thursday and Friday and I look forward to that. Gives me contact with another person I have a relationship with and that knows me.
Jynx (Moderator)	Probably my struggles with keeping a regular bedtime!
frog	With lockdown and stress I find myself getting stuck, particularly online.
BPDSurvivor	With Melbourne's lockdown 4.0, it was only supposed to be a few days, so I didn't begin with a routine... when the LD got extended time and time again, I had developed a highly unhealthy routine! It was very very challenging to get out of. From then on, I said to myself that for every LD, whether 1 day or 1 week, I would start on a good leg, and develop a healthy routine - healthy eating, exercise, connection, work boundaries
iPhone	I spend too much time on my phone and that's just routine for me. I sit on the couch and scroll through social media. I do it because it fills in time and I forget about everything else.
BPDSurvivor	It has certainly helped having those helpful routines! Now in LD 6.0, I'd be in a much worse place if I didn't eat, sleep and exercise!
frog	That's quite inspiring @BPDSurvivor We are staring down a drawn out lockdown and the reality is starting to sink in that I need to make conscious decisions about what I can control for myself
Minette60	Definitely my lack of interest in housekeeping! But to be honest, I'd also like to get into a routine with my craft interests. I want to be able to donate some things to aid animal charities and the desire is there but I find it difficult to actually do it!
HappyCastle (PSW)	Oh that's wonderful @Minette60- to be able to donate the things you have spent time making

HappyCastle (PSW)	When I am struggling with my mental health, it's really hard to keep routines. But I do know it's one of the things that helps me the most
BPDSurvivor	This is not really a routine, but I get cranky when I am scheduled for a walk outside, because I just want to keep working... but after I come back from my walk, I feel great! That's what keeps me doing it... But even now, most days I'm cranky!
frog	So true @HappyCastle (PSW) the effort is so worth it, but greatest when I'm already subpar.
So true @HappyCastle (PSW) the effort is so worth it, but greatest when I'm already subpar.	Lockdown has me checking the news and to find bad news each morning, I've definitely had to work to stop that as it affects my entire day at times!
frog	Oh yes @cloudcore the news trap! I get stuck there for ages!
iPhone	@BPDSurvivor lockdown 6.0 feels just like normal to me there's been so many for so long. I'm actually getting better at getting out of the apartment now. It's not that bad this lockdown for me for that reason.
<b>HappyCastle (PSW)</b>	<b>When we notice less helpful routines creeping in or that a positive routine has slipped, what are some strategies we can use to kick start a new or positive routine?</b>
BPDSurvivor	That's great @iPhone... For me, LD 6.0 has been by far the most difficult...
Minette60	I've stopped looking at the news and blocked a lot of pages on FB. They really upset me, so I avoid anything that I know will affect me. I suppose that's a good routine???

BPDSurvivor	Despite keeping a healthy routine, it has been all too hard. The demands of my job has had a cumulative effect over the 6 lockdowns
BPDSurvivor	So I know many who have really hit rock bottom.. without the routine I've developed, i think i'd also be in their situation
frog	Me too @BPDSurvivor work being thrown into chaos in lockdown is super stressful
Jynx (Moderator)	First off I try to be sure I'm not being too hard on myself about it - reminding myself I'm only human and sometimes things will slip.
HappyCastle (PSW)	Yes, @Jynx (Moderator), I think it's important to always be gentle with ourselves with this
BPDSurvivor	When things start going haywire, I STOP. I think to myself, where am I now, and where do I want myself to be? By reflecting on this, i have a clearer understanding of my next steps
frog	That's a good idea - pausing to take stock @BPDSurvivor
BPDSurvivor	ANother way to kick start a new routine is to get someone else on board. That way, I am accountable not only for myself, but for the support and wellbeing of another being.
Shaz51	yes we havena daily routine but sometimes the weather will mess up the week and we do need to cancel and rebook for when we can do it
HappyCastle (PSW)	Thanks for sharing that with us @BPDSurvivor. Such a great way to reframe
cloudcore	That could be a great idea @BPDSurvivor!
cloudcore	Hello @adge!

Jynx (Moderator)	I've heard of that referred to as having an 'accountabili-buddy' @BPDSurvivor - like a way to have something external to help keep you on track
HappyCastle (PSW)	<b>There are lots of creative ways to help maintain a positive routine. Some people use journals or alarms as reminders. I have been told that another peer worker, even uses an app to track their self-care habits and sends reports to a support worker to keep themselves accountable. This app is super fun and colourful and even lights up with fireworks when they achieve all of their goals for the day. What are some creative ways we can motivate ourselves for maintaining a positive routine?</b>
Shaz51	yes sometimes we need to be flexible when things happen unexpectedly→†
iPhone	@BPDSurvivor I unfortunately live on my own and don't have anyone close by that I could team up with. I just keep in touch with the phone these days
BPDSurvivor	@iphone, I live on my own too. I use my watch to keep track of others' routines
BPDSurvivor	So I know when they are exercising, and how long they are going for. We have competitions that way too - remotely
iPhone	@HappyCastle (PSW)→ I'd like to know which app that is if you know? I love apps to keep me organized
Shaz51	I use a diary for work , a calendar for doctors appt and I use another diary for bills @HappyCastle (PSW)
frog	That app sounds fun @HappyCastle (PSW)

BPDSurvivor	I'm a visual person, So i have a large monthly planner with each appointment clearly labelled, and I cross them off as i go throughout the day. A monthly calendar gives me a clear snapshot of what I need to do. I feel lost without it.
frog	Oh yes @Shaz51 I'd be lost without my hardcopy diary.
Jynx (Moderator)	I try to inject a bit of creativity into my structures - for example I have a checklist set up with binder clips so that when I have finished something, I get to SNAP the clip - it's very satisfying. Looks like this: <a href="https://content.instructables.com/ORIG/F1N/C5R0/JL6UY525/F1NC5R0JL6UY525.jpg?auto=webp&amp;frame=1&amp;width=320&amp;md=2a0efc77045479c0cb0f9ff3d84081a6">https://content.instructables.com/ORIG/F1N/C5R0/JL6UY525/F1NC5R0JL6UY525.jpg?auto=webp&amp;frame=1&amp;width=320&amp;md=2a0efc77045479c0cb0f9ff3d84081a6</a> (hope that works)
HappyCastle (PSW)	Yes @Shaz51 and @frog I get creative with all of my colour coded highlighters in it!
Shaz51	same her @BPDSurvivor
iPhone	@HappyCastle (PSW)I haven't really tried journaling but I don't think I would like it. I have obviously heard a lot about it in the mental health space. Idk maybe one day I might try just to say I gave it a go.
BPDSurvivor	That's great @jynx!
HappyCastle (PSW)	<b>Too much routine can sometimes be bad for our mental health- if there is not enough novelty or change over a long period of time, this can feel we're living the same day on repeat, like, "Groundhog Day". If this resonates with you, when might it be a good idea for you to disrupt or shake up routine?</b>
BPDSurvivor	Too much routine is my problem! Without it, i'm lost, grouchy and stressed out!
iPhone	@Jynx (Moderator) I am paperless so I couldn't do that SNAP the clip for satisfaction. I can close my laptop and that's satisfying!

BPDSurvivor	LOL @iPhone!
HappyCastle (PSW)	@iPhone, that's satisfying!
adge	Hello @cloudcore
Shaz51	trying to get the right balance is tricky when your love one has Bipolar 2 @Jynx (Moderator)
iPhone	@HappyCastle (PSW) I alternate where I walk because it gets to feel too familiar at times. I have many options where I live and take different routes when I need to.
BPDSurvivor	It's a good idea to shake up routine when it's simply not working for you anymore, and you are becoming worse off with the routine than without... that's when I know I need a change.
BPDSurvivor	I'm different there @iPhone. I walk the same route just so I don't need to think too hard when I'm walking, and I can chill out enjoying the sounds i hear and the colours i see :)
adge	Very good @HappyCastle - I Always use Coloured Highlighters in my Diary & Journal writing....
BPDSurvivor	I like to walk mindfully, and use my senses in practicing mindfulness. Take a new route all the time means I have to focus too hard - kills my brain cells after working all day
iPhone	I've been really struggling with motivation for tafe lately and I'm taking on a new approach for the next couple of weeks to get me back on track. I'm not behind I just am usually in a place where I feel I'm doing well. I just don't feel that atm
BPDSurvivor	Join my club @iPhone!

BPDSurvivor	I'm sitting on being 3 weeks behind because my lectures are too boring
adge	Yes @HappyCastle - Groundhog Day sounds like me - Except everything is Shaken up at the moment. With me walking up & down Streets, trying to find Addresses to Deliver Census Forms (& ask them if they did one).....
BPDSurvivor	That's why I'm shaking up the routine... and leaving the lectures alone for now
HappyCastle (PSW)	That sounds challenging @adge and difficult for routine!
cloudcore	I can relate @iPhone, it's hard to find inspiration to study when your environment is stagnant. Here with you
BPDSurvivor	Good on you @adge... being 'lost' would stress me out too much
iPhone	@BPDSurvivor- I'm not enjoying my course as much lately and I think that's a sign of the lockdown and the challenges with life in general. I'm trying to refocus atm!!
BPDSurvivor	In the same boat @iPhone!
BPDSurvivor	But I see light at the end of the tunnel, because it's my last Semester... that's the only thing that keeps me going!
adge	Yes @HappyCastle (PSW)
HappyCastle (PSW)	@BPDSurvivor, seeing the light at the end of the tunnel must be a relief!
iPhone	Yes, it's nearly the end of the tafe years with just 8 more weeks of classes to go. Yay!!

frog	Sometimes I have a list for the day, and some things are sort of core routine, and the others I can be flexible on/leave/substitute
adge	Challenging is right - My routine has gone out the Window (somewhat)..... So far I haven't been lost, thank goodness @BPDSurvivor
BPDSurvivor	Yes! @HappyCastle!
cloudcore	You're almost there @iPhone! What do you think will help keep you motivated?
<b>HappyCastle (PSW)</b>	<b>Maintaining a routine when studying and working from home can certainly be a unique challenge. I'm wondering if those of you who do that have something you could share that might be helpful for the rest of us to try?</b>
adge	It's in my own Local Area (Suburb) - The Work Apps to enter details of every house I'm Visiting are a Nightmare - Glitchy, blank out all my info after I've entered it. I got very wet rained on this afternoon, walking down streets - My socks are Soggy....
iPhone	@cloudcore I'm getting regular sleep and exercising more regularly. Eating well and enjoying my apartment for what it is. I have unfollowed some things on FB that have been bothering me and cleaning up my social media. Not much more I can do atm.
Jynx (Moderator)	@adge wet socks are THE WORST
BPDSurvivor	I set clear work times, study times, and get-out-of-the-house times... these times don't mix if i'm to keep my sanity!
frog	I need to follow your lead on cleaning up my social media @iPhone

adge	I got Ordered off one Property (aggressively) - So I just quietly left....
BPDSurvivor	When I go for a walk, I don't take my phone so work can't contact me.
BPDSurvivor	because walking is MY TIME
iPhone	My most focused time to study is when I wake up. I'm fresh and well-rested. I just get coffee and go for as long as I feel like.
cloudcore	I think sleeping, exercising and eating well are great strategies/routines to maintain through lockdown @iPhone. When I feel at my physical best, I feel more mentally prepared to focus and study too!
adge	Chased by a few Dogs....
Shaz51	very true , sometimes we forget to include our time in between our daily routines , I tend to be busy doing for everyone else that it is lost @BPDSurvivor
HappyCastle (PSW)	I love that @BPDSurvivor
HappyCastle (PSW)	@iphone, the app I mentioned earlier is called "Habit"
BPDSurvivor	I also 'reward' myself while working/studying. Sort of bargaining with myself - if I finish this last report, I'm going to treat myself to go for a run or a walk to the shops
iPhone	@cloudcore→I'm trying to reach a higher state of being atm. It's actually working too!!
BPDSurvivor	oh, and get that coffee from the shops
frog	I'm going to check out Habit @HappyCastle (PSW)- thanks!

cloudcore	Woohoo, that's so great to hear @iPhone. Keep powering on!
HappyCastle (PSW)	@BPDSurvivor those are fantastic tips, and ones I can start building into my routine as of tomorrow! So thank you
iPhone	@BPDSurvivor I'm getting to occasional shop coffee these days. I normally don't as a habit to save money but I am realising the benefits of spoiling myself!
Jynx (Moderator)	Hear Hear @iPhone It's always important to spoil yourself
iPhone	@HappyCastle (PSW)- Thanks for the app "habit" I got it!
<b>HappyCastle (PSW)</b>	<b>A good nights rest prepares us for whatever our days may hold, but sleep can also be challenging and allusive sometimes. How do you keep a regular sleep routine?</b>
cloudcore	I personally find it more difficult to sleep when I am on social media before bed. My sleep routine now involves hopping off my devices at least an hour before bed and either reading or stretching to wind down
BPDSurvivor	I tell myself it's okay if I don't get a full night's sleep - i used to get so worked up that I wasn't sleeping, that it made me even less likely to be able to sleep. So now, I just let it be - more a meh? stance where I sleep if I sleep, i don't if I don't (i'll make up for it another time).
iPhone	I got a new couch in April last year which was perfect for lockdown. I slept on it for months because I loved it so much. Now I have the routine of going to bed because I know it's better for me. Weird yes, maybe but I loved it!!
Shaz51	wish I had a full night sleep @cloudcore

BPDSurvivor	I also practise mindfulness using The Smiling Mind App before sleeping. There is a sleep routine meditation program. I Love it
Jynx (Moderator)	I'm right there with you on that one @BPDSurvivor- it's such a paradoxical thing to be unable to sleep because of becoming stressed about not sleeping
HappyCastle (PSW)	That sounds like a really comfy couch @iPhone
cloudcore	It sure can be hard to get sometimes @Shaz51
iPhone	@BPDSurvivor I used to use the smiling mind but I got put onto Insight Timer (free app) and I think it's better and more options.
adge	Thanks for Reminding me @BPDSurvivor - I have that SmilingMind App, but I've never used it yet....
Jynx (Moderator)	I also have a red light lamp - since blue light (like the blue sky) keeps us awake, having red light before bedtime helps me feel more sleepy
BPDSurvivor	I also make sure I develop enough Sleep Debt throughout the day so as to actually feel tired in the evening. I can't expect to feel tired in the evening if I haven't accrued enough sleep debt. For me, I know it's not as simple and this, but exercise and fresh air = sleep
BPDSurvivor	Thanks for sharing resources @iPhone! It really helps to know what's out there
HappyCastle (PSW)	That's a good point. It's hard when you haven't slept well and you want to nap but know sometimes it's best to stay awake to sleep better!
frog	That's interesting re red light @Jynx (Moderator) will investigate!

iPhone	@Jynx (Moderator) I have red lights too and I put them on for a bit to wind down at night. I dim the lights gradually and create a cozy environment to relax in while I do some meditation.
BPDSurvivor	sounds great @iPhone
<b>HappyCastle (PSW)</b>	<b>Have you learned anything helpful from others experiences here tonight that you might be able to apply in your own life? If yes, what was it that you took away?</b>
BPDSurvivor	As I've already mentioned, I love learning about the different resources available out there that have been proved and tried by others.
BPDSurvivor	Also, to be kind to ourselves.
frog	I'm going to check out the red light and app. The idea of pausing, and refocusing is definitely something that could help me.
cloudcore	I've really appreciated the suggests about incorporating green space into my routine. I'll be leaving here with hopes to walk in nature whenever possible!
iPhone	I think the biggest thing I've learned is that there are more options than just doing what works now. Maybe implementing new things regularly than just repeating the old.
<b>HappyCastle (PSW)</b>	<b>Tonight's topic could have brought up some uncomfortable feelings as we talked about how we might struggle day-to-day. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
iPhone	I am going to use the Habit app so thanks for that!
iPhone	I'm going to cook pasta tonight with prawns and cream cheese

BPDSurvivor	Yummmooo @iPhone
frog	I'm having a cup of tea before bed
HappyCastle (PSW)	Tea and a freddo frog for me!
BPDSurvivor	Lovely!
Jynx (Moderator)	I might try to follow my own bedtime routine tonight! haha
BPDSurvivor	LOL @Jynx
BPDSurvivor	that's a great start!
<b>HappyCastle (PSW)</b>	<b>We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat- we'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: <a href="https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW">https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW</a></b>
adge	I have a Diffuser with Changing Light Colours @Jinx - I find it relaxing, plus smells nice too....
HappyCastle (PSW)	I imagine that would be very calming!
Jynx (Moderator)	Sounds so soothing @adge
<b>HappyCastle (PSW)</b>	<b>Here are some further resources on routines you might like to have a look at:, The Importance of Maintaining Structure and Routine During Stressful Times:<a href="https://www.verywellmind.com/the-importance-of-keeping-a-routine-during-stressful-times-4802638">https://www.verywellmind.com/the-importance-of-keeping-a-routine-during-stressful-times-4802638</a></b>

	<b>The Power of Habit.* this video provides examples including video games and certain types of foods as bad, habits. There's a bit of judgement attached to this, when these can be comforting or a form of self-care! Try to imagine, instead, specific habits you might have and want to change:<a href="https://www.youtube.com/watch?v=0pp67tg4d8o">https://www.youtube.com/watch?v=0pp67tg4d8o</a></b>
BPDSurvivor	I'm going to get going, but thanks for tonight everyone! Much appreciated for all your contributions! :)
adge	My keyboard Froze - I've been trying to Post that for the past 15 minutes. Whenever I Clicked Enter, it would not Enter - It wouldn't post it....
HappyCastle (PSW)	Thank you for all of your insights and sharing @BPDSurvivor
cloudcore	Bye @BPDSurvivor! Thanks for your contributions
Jynx (Moderator)	Goodnight all you lovely folks!
iPhone	Thank you, everyone. It was great night chatting
cloudcore	Good night everyone
HappyCastle (PSW)	<b>Thank you for joining, and we hope you enjoyed the discussion. If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here, <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a>. You can also ask a question for our next topic, which will be talking about gratitude, and you can read the transcripts of all our previous topics too.</b>
adge	Thanks everyone - Much Appreciated - Good Discussion.

HappyCastle (PSW)	Thanks @adge glad you could make it!
frog	Night all. Rest well
HappyCastle (PSW) Shaz51	Thanks @frog! good night everyone
HappyCastle (PSW)	Good night @Shaz51, thank you for being here!
adge	Now my Keyboard is Working Fine - After the Discussion has finished - Jinxed or Bugged for Sure....
iPhone	Good night and thank you
HappyCastle (PSW)	Thanks for all of your contributions @iPhone