

Building a Wellbeing Routine That Sticks

Practical Tools for Improving Wellbeing, Motivation and Daily Structure

Many people living with mental health challenges experience periods where motivation, energy, confidence, or routine can be difficult to maintain.

The good news is that wellbeing does not depend on feeling motivated every day.

Research shows that small, consistent actions often create positive change before motivation appears.

This guide introduces simple strategies based on Cognitive Behavioural Therapy (CBT) and Behavioural Activation that can help you build a sustainable wellbeing routine.

Why Routines Matter

A healthy routine can help:

- Improve mood and wellbeing
- Increase motivation
- Reduce stress and anxiety
- Improve sleep patterns
- Build confidence
- Create a sense of purpose
- Increase participation in meaningful activities

A routine does not need to be perfect. It simply needs to be realistic and sustainable.

The Behavioural Activation Principle

When people experience low mood or poor mental health, they often stop doing activities that previously gave them enjoyment, achievement, or connection.

Behavioural Activation encourages people to gradually reintroduce these activities, even when motivation feels low.

The idea is simple:

Action often comes before motivation.

Small positive actions can create positive experiences, which can improve mood and increase motivation over time.

The Three Building Blocks of Wellbeing

Achievement

Activities that help you feel productive.

Examples:

- Completing household tasks
- Studying
- Volunteering
- Applying for jobs
- Learning a new skill

Connection

Activities that help you feel connected to others.

Examples:

- Talking with a friend
- Attending a community group
- Participating in a hobby
- Joining a support group

Enjoyment

Activities that bring pleasure or relaxation.

Examples:

- Listening to music
- Gardening
- Reading
- Watching a favourite movie
- Spending time outdoors

A balanced wellbeing routine includes all three areas.

My Weekly Wellbeing Planner

Achievement Activities

Connection Activities

Enjoyment Activities

CBT Thought Check

When we face challenges, our thoughts can influence how we feel and behave.

Try this simple exercise:

Situation

What happened?

Thought

What was I telling myself?

Alternative Perspective

Is there another way to view this situation?

Next Helpful Action

What small step can I take?

The 5-Minute Rule

If a task feels overwhelming, commit to doing it for just five minutes.

Examples:

- Five minutes of walking
- Five minutes of cleaning
- Five minutes of job searching
- Five minutes of journaling

Often, getting started is the hardest part.

Progress, Not Perfection

Building new habits takes time.

Celebrate small wins.

Every positive step counts.

Remember:

You do not need to do everything.

You only need to take the next step.

How The Possible Bridge Can Help

Our Psychosocial Recovery Coaching services support participants to build practical routines, increase confidence, strengthen wellbeing, and work towards meaningful recovery goals.

Together, we can create a plan that works for you.