



HELPING YOUTH THRIVE THROUGH ROUTINES

By Katie Roach, MS, LPCC
EAP Clinical Supervisor

School, sports, work, extracurricular activities, homework. The list goes on. We live in a fast-paced world that can feel unpredictable, especially for today's youth. Managing all their school needs, family responsibilities, and sports commitments can be a struggle. However, having a routine to manage everything is crucial for young people today.

Routines provide structure and help manage time more effectively. With routines, youth can prioritize their responsibilities. Having a schedule that outlines what needs to be done and when can reduce anxiety about the unknown and build independence and valuable life skills. A routine that includes school, chores, sports, and homework can improve time management skills and empower youth to feel a sense of accomplishment when tasks are completed and expectations are clear. The unknown can be difficult for youth to navigate and may increase stress and worry, which can lead to frustration and anger. Routines can help reduce or even eliminate many of these negative emotions and behaviors.

Not only do routines offer structure and stability, but they also support positive emotional well-being. Our world moves quickly and changes frequently.

With the added pressure of technology and constant distractions, routines can help youth manage anxiety and stress. Even adults feel more at ease when they know what their day or week will look like.

Regular sleep schedules, meal times, and physical activity all contribute to the physical well-being of youth. These routines also encourage stronger family connections and communication, building healthy relationships that youth can carry into other areas of their lives.

Routines can be flexible and adaptable, but it is important for youth to have them both during and outside of school. Learning to create and stick to routines helps young people reduce stress by providing structure and clear expectations, setting them up for success.

WOULD YOUR CHILD BENEFIT FROM THERAPY?

The Village EAP provides sessions to every member of your household. Our clinicians can help with a variety of emotional, behavioral, social, and mental health concerns. Call **800.627.8220** today to schedule!