

## Freedom in Routine

Tea, journaling, actively engaging my body in motion, nourishing my body through food, and fulfilling my spirit through meditation have been core components of my daily routine, allowing me to be secure in meeting my needs.

For many neurodivergent people and me, having a structured routine is an effective grounding tool that assists in giving one purpose and goals into their day. Routines add a level of security through consistency, which can be reassuring in an ever-evolving world. Having a routine may act as a tool to use whenever feelings of out of body arise. One may investigate their routine to know if something was missed that allows for their day to flow better.

Think of it like this, a person may take vitamins and supplements, on a daily routine, to prevent future ailments.

While hospitalized, my weight was taken and documented as malnourished. I was extremely sick mentally and it showed in my body through my eating habits. In time and therapy, I would learn to understand the different ways self-harm portrays itself, and how to utilize a routine to build habits that make achieving wellness possible.

I was placed on 3 meals per day, often with another peanut butter and jelly sandwich, and a snack before bedtime, to get my body weight up to a healthy level.

I struggled to get a healthy and consistent eating routine down, with so many opinions out there, so I had to get focused on just my needs for my body type and genetic body. I settled with the importance of the first foods I put into my body and the last foods I eat before bed. I considered the time of day I wanted to eat, my fitness goals, and my mental capacity to understand this.

I need 2 full meals a day and a couple of snacks throughout the day.

Creating this routine has allowed me to be present in knowing when my body is dehydrated, famished, overheated, or filled with junk! Mentally, it has allowed me to know which of my moods is connected to a lack in my body regarding what I have or haven't nourished it with. My eating routine has allowed a level of grace and intentionality with my meals as well because certain foods can help or disable our cognitive functioning. Gut health and brain health are interconnected.

It's easy to get sidetracked or overwhelmed without knowing where to start or end your day, having a routine (of any sorts, doesn't have to be your whole day) may be more freeing than you think.