

The River's Bend Routine Builder

Build Better Days—One Small Habit at a Time

Step 1

Check In With Yourself

Before building a new routine, take a moment to notice where you are today. Circle one in each section.

My energy today

- ☐ Very Low
- ☐ Low
- ☐ Okay
- ☐ Good
- ☐ Great

My stress level

- ☐ Very High
- ☐ High
- ☐ Moderate
- ☐ Low
- ☐ Very Low

My sleep lately

- ☐ I rarely feel rested.
- ☐ Some nights are better than others.
- ☐ I'm sleeping fairly well.
- ☐ I usually wake up refreshed.

One word that describes how I feel today:

WELCOME

Life Doesn't Have to Be Perfect to Feel Meaningful.

In fact, the healthiest routines aren't built overnight. They're created through small, consistent choices that help us feel more grounded, more resilient, and better prepared to navigate life's challenges.

Whether you're returning to school, balancing work and family, beginning college, entering retirement, recovering from a difficult season, or simply looking for more balance, this Routine Builder is designed to help you create habits that support your mental well-being— one step at a time.

REMEMBER

Progress is always more important than perfection.

HOW TO USE THIS WORKBOOK

- Work through each step in order.
- Choose ONE habit from each section.
- Use the weekly tracker daily.
- Revisit and adjust each week.
- Celebrate every small win.

Step 2

What Matters Most Right Now?

Choose up to *THREE* areas you'd like to strengthen.

- ☐ Sleep
- ☐ Managing stress
- ☐ Physical activity
- ☐ Healthy eating
- ☐ Staying connected
- ☐ School success
- ☐ Work-life balance
- ☐ Recovery
- ☐ Family relationships
- ☐ Time management
- ☐ Self-care
- ☐ Emotional wellness
- ☐ Other:

*Your mental health matters.
Every step you take—no matter
how small—moves you in the
right direction.*

Step 3

Build Your Daily Foundation

Instead of changing everything, choose *ONE* habit from each section.

Morning

- ☐ Wake up at a consistent time
- ☐ Drink a glass of water
- ☐ Stretch for five minutes
- ☐ Spend five minutes outside
- ☐ Eat breakfast
- ☐ Practice gratitude
- ☐ Other:

Midday

- ☐ Take a short walk
- ☐ Eat lunch away from my desk
- ☐ Check in with someone I care about
- ☐ Take five deep breaths
- ☐ Drink more water
- ☐ Step outside
- ☐ Other:

Evening

- ☐ Eat dinner without screens
- ☐ Read for ten minutes
- ☐ Journal

Step 4

The River's Bend S.T.E.A.D.Y. Framework™

As you build your routine, ask yourself these questions each day:

S

SLEEP

Did I protect my sleep?



T

TIME OUTDOORS / MOVEMENT

Did I move my body or spend time outdoors?



E

ENGAGEMENT

Did I connect with someone today?



A

AWARENESS

Did I pause and notice how I was feeling?



D

DAILY RHYTHM

Did I keep a healthy daily rhythm?



Y

YOURSELF

Did I care for myself the way I would care for someone I love?



Step 5

My 5% Goal

You don't need to change everything.

What's ONE small thing you could do today that would improve your well-being by just 5%?

Step 6

My Why

Healthy routines stick when they're connected to something meaningful.

I'm building healthier habits because...

*Small habits become healthy routines.
Healthy routines become resilience.*

Whatever you're navigating, you don't have to do it alone. River's Bend is here to help.

MY WEEKLY ROUTINE TRACKER

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep Routine	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Healthy Meals	☐	☐	☐	☐	☐	☐	☐
Hydration	☐	☐	☐	☐	☐	☐	☐
Connection	☐	☐	☐	☐	☐	☐	☐
Mindfulness	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐

CELEBRATE THE SMALL WINS

This week I am proud that I...

One thing I'd like to improve next week...

REMEMBER

Routine isn't about perfection. It's about creating enough consistency that your mind and body have a place to return when life becomes busy.

REMEMBER

Every healthy meal matters.

Every walk matters.

Every conversation matters.

Every therapy appointment matters.

Every deep breath matters.

Small habits become healthy routines.

Healthy routines become resilience.

And resilience helps us navigate whatever comes next.

ONE SMALL STEP TODAY

*One small step today can
become lasting change
tomorrow.*

*This workbook was created by River's Bend PC
to support your journey toward mental wellness.
Please share it with someone you care about.*

NEED A LITTLE MORE SUPPORT?

Sometimes healthy routines are enough to help us feel more balanced.

Sometimes stress, anxiety, depression, grief, trauma, or substance use make it difficult to maintain even the simplest routines.

If you're struggling, know that you don't have to figure it out alone.

River's Bend has been helping individuals and families throughout Michigan build healthier futures through compassionate, evidence-based behavioral healthcare for more than 30 years.

[EXPLORE FREE RESOURCES](#)

riversbendpc.com

Explore more free mental wellness resources at **riversbendpc.com** or contact our team to learn more about the services available to support your journey.

OUR SERVICES INCLUDE

Partial Hospitalization Program (PHP)

Mental Health Intensive Outpatient (IOP)

Substance Use Disorder IOP

Adolescent IOP

Individual & Group Therapy

In-Person & Virtual Options

ACCEPTING NEW CLIENTS

riversbendpc.com

Troy & West Bloomfield, Michigan