



Routines, Predictability & Change

Routines can provide safety, reduce decision-making and help regulate the nervous system. Finding change difficult does not mean you are inflexible on purpose.

Which routines help me feel settled?

Which unexpected changes are hardest?

What happens when plans suddenly change?

How much notice helps me prepare?

What information helps change feel safer?

What can stay predictable when something else changes?

What could other people do to support transitions?

My best strategy for unexpected change is...
