

## Being Flexible and Starting New Routines

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With all the changes around social distancing, almost all of us have been asked to be more flexible, and many of us have had to make changes to our routines, or start new routines. This can be challenging! This webinar gives some tips for being more flexible and building new routines that will keep you physically, mentally and emotionally healthy!

### Helpful Advice on Developing New Habits:

- <https://paautism.org/resource/supporting-new-habits/>

## KEY TAKEAWAYS

- Training your thoughts to be more flexible takes practice but is a skill that can be learned and will be helpful throughout your life!
- New routines take planning and consistency. Think about including activities that keep your body and brain working and include activities for reducing stress.

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