

The blessings of routine

September 25, 2012

Chicago Tribune:

It's easy to dismiss routines and habits as "boring."

But give some of them credit for keeping you on track amid the uncertainties of daily life, as well as freeing up brain space to dream, to create fresh ideas, to solve problems.

"Habits help us get through the day with minimal stress and deliberation," says social psychologist Wendy Wood, provost professor of psychology and business at the University of Southern California whose research focuses on the effect of habits on behavior.

Read the whole story: [Chicago Tribune](#)