



## Daily Rituals and Practices to Feel Good

As adults it is interesting to consider the extent to which our lives are marked by rites of passage and their associated rituals - our first job, first car, first home, first serious relationship, marriage, children. Many of the most important events in our lives are marked by ritual and ceremony.

While some major ceremonies such as weddings can induce stress and anxiety, there is plenty of therapeutic evidence to suggest that everyday rituals have the opposite effect and support the individual's sense of well-being.

One of my own rituals/ceremony is centred round my evening meal. As a child growing up in a large family my mother served us each our dinner on a plate and food was primarily functional rather than a sense of occasion. When I met my husband I quickly discovered that everyday meals could indeed have a sense of occasion and sociability with very little extra effort.

Presenting the food nicely and the addition of candles just changed the eating experience and slowed the whole process down which has been beneficial to my health and well-being.

And so my challenge to you this week is to look at your daily rituals and consider if a little more sense of ceremony could be introduced to them. I'm talking about your morning rituals that help you face the day – by getting up a little earlier could you take the time to savour your breakfast and make your plans for the day? Perhaps using indulgent moisturiser to get that scent of indulgence? Or maybe your evening rituals will be more amenable to adding a little ceremony?

What I would like you to do is to take one ritual, add a little more ceremony to it and then see if it adds to your overall sense of well being and happiness. I would love to hear your experiences.

Warm Wishes

Mary

*If you would like support to build healthy rituals into your daily experience then do give me a call.*