



## **Tis the Season: Celebrating Rituals and Values that Give Life Meaning Handout**

Rituals are events to look forward to. Caregivers can have added stress during a holiday. You may also benefit from the season. Daily or seasonal rituals can remind you of all that matters to you. Rituals can decrease stress and restore your interest in living. This handout provides ideas to help you defeat stress and engage in the simple joys of living.

### **What is a ritual?**

- Rituals are practices with special meaning.
- Rituals are a time to focus your attention on something.
- Rituals can be passed on between generations.
- Rituals are a chance to celebrate.
- You can have daily, weekly, monthly rituals.
- You may have rituals for holidays or special events.
- Rituals reflect what you value.
- Rituals are occasions to give thanks.

### **Why are rituals helpful?**

- Rituals can provide a sense of security.
- Rituals are something you can count on.
- Rituals help people connect with others.
- Ritual habits can support you as a person.
- Rituals give you something to look forward to.
- Rituals can reinforce and highlight who you are.
- Rituals help define what matters most to you.
- Rituals can remind you of what you are grateful for.

### **What are the healing aspects that give rituals their power?**

- Many rituals include stillness and quiet time to think.
- Ordinary things can become sacred.
- For a ritual to help, be present and mindful.
- Invest your heart into what you are doing.
- Make any activity less a chore and more like a gift to yourself and others.
- Many rituals involve time for saying, "Thank you."
- Rituals are a good time to reflect on what you are grateful about.



- Ritual strengthens bonds with other people.
- Rituals offer needed comfort and support at times of loss.
- Rituals make memories out of routine.

### **Examples of daily rituals**

- walking the dog
- brewing coffee or tea
- shared mealtimes
- moments of meditation or prayer
- bath time
- music appreciation
- evening stroll
- sitting on the porch or relaxing in the yard
- a daily workout or run
- after school or after work “check-ins” with loved ones
- dessert after dinner
- reading before bed

### **Examples of yearly or seasonal rituals**

- **Religious Holidays**- Yom Kippur, Hanukah, Diwali, Ramadan, Easter, Christmas
- **Cultural Holidays**- St. Patrick’s Day, Día de Muertos, Kwanza, New Year
- **National Holidays**- President’s Day, Memorial Day, 4<sup>th</sup> of July, Thanksgiving
- **Seasonal**- fishing or hunting season, solstice celebrations, apple picking, summer camping, seasonal sports and playoff games.

### **Important Ingredients in Various Ritual Practices**

Stillness, Focused Attention, Purposeful or Intentional, Give Thanks and Appreciation, Honor Nature, Honor Your Values and Interests, Something to Look Forward To, A Celebration of family, friends, neighbors, food, music, dance

**Bring your heart to any ritual and it will bless you in return!**