

Rituals and Routines

Rituals guide us through our days and bring consistency, comfort and control. We create rituals or a way of going about our routines for many things. Examples include: Morning, Going to bed, Mealtimes, Transition, Birthday, Cultural/Holiday, Not Feeling Well, Spiritual, Vacation, Comfort, Celebration, Grief/Loss.

A good routine to start with is your morning ritual. Take several minutes to think about and write down your morning rituals & routines. Include the time frame, specific details, like products you use, and the order in which you prefer to do things to get you ready for your day.