

Daily Rituals



When working with clients and patients one of the most important things we do is create daily rituals. Healthy daily rituals create balance in daily life and result in a healthier and happier you. Most Americans have daily rituals that result in imbalances in the body and mind and poor health. They quickly wake up to the sound of the alarm, grab a cup of coffee, sit at a desk all day, go for a drink after work, eat a late dinner and go to sleep late. Instead of living each day in a fog start becoming mindful of your daily rituals.

The following are some ideas of healthy daily rituals to explore:

- Wake to the sound of nature as opposed to an annoying alarm clock.
- Lay in bed for a few extra minutes in the morning and set your intentions for the day.
- Create a time and space for daily meditation and silence.
- Exercise first thing in the morning.
- Set aside time each day to focus on deep breathing.
- Take your dog for a walk and practice mindful walking.
- Put your favorite music on while you are preparing dinner.
- Do a few yoga poses before you go to bed each night.

One daily ritual that everyone should do is **set aside various times during the day to relax and unwind.** In today's fast paced world over 40 million Americans suffer with anxiety issues that result in gastrointestinal disease and other health issues. By taking 10 minute breaks at various times throughout the day to practice yoga, breathe or practice other calming exercises you can break the anxiety/stress cycle. This daily ritual will allow you to stop the everyday thoughts and allow the body and mind to relax.