

**RITUALS**

























Hi baby, ♡  
darte las  
Do



my rituals ...

# Ritual

**a series of actions or type of behavior  
regularly and invariably followed by  
someone**

**OR**

**a religious or solemn ceremony consisting  
of a series of actions performed  
according to a prescribed order.**

In a world that often feels chaotic and unpredictable, developing personal rituals can help us feel in control over our own lives.



Rituals are actions that have special, personal meaning and that become a regular part of our life. They benefit our mental health deeply.



The rituals with the most positive impact are the simplest of rituals because they reduce, rather than contribute to, stress and exhaustion.



The mental health benefits of rituals are numerous. Personal rituals:

- Reduce stress and, by default, blood pressure and heart rate
- Improve sleep
- Calm the mind
- Increase a sense of peace and contentment
- Facilitate deep connection to ourselves and the world around us
- Decrease the symptoms of many mental health conditions

