

## Daily Rituals to Heal and Calm

**Q:** Do you have your own ritual(s) that you use to heal and calm your mind in your daily life? What kind of ritual/action is that? If you don't think of your ritual/action, please write freely about your thoughts/ ideas about rituals.

**A:**

- Swimming
- I have a precise sequence in the mornings that I find calming -- shave, exercise, language study -- because of their regularity. It allows me to wake up slowly, not to be faced with decisions. It allows me to put off interactions -- even virtual ones: email, social media, etc. I like to be able to stop working at 5pm and play violin -- an instrument I picked up during the pandemic. That absolutely reroutes my brain.
- Yes, I do have many, as a matter of fact. I could say mainly that the act of preparing fruit salad in the morning, preceded by putting away the dishes and the kitchenware from the dinner last night. By making everything orderly and in a paced manner, it helps to keep things smooth from the moment I've woken up (and, if I had a bad sleep, then it could be to regulate the mood to a more calm one).
- Meditation. Breathing method.
- Coffee is the first, and really only thing that comes to mind. The warm beverage, as well as the effects of the caffeine feel important. Sometimes I can focus on my enjoyment more or less, but I always try to experience the pleasure of this activity.
- I decided to write about the first thing that came to mind, which is my long mouth-care routine - I floss my teeth, brush my teeth, swish with salt water and then swish with mouthwash and sometimes I use a water pick, and I do the flossing and brushing while standing on a calf-stretcher looking out the window into my garden.

- humming, singing, walking or looking at nature

- MEDITATING, LISTENING, SAYING MANTRA

- A daily nap

- Kiss on and gaze at a particular photo of my recently-passed partner.



- Yes ... I have my own Nihon Chashitsu which I use to meditate for quiet reflection in busy noisy NYC
- While my parents were alive in Japan, the first thing I did when I went to bed was I closed and opened my eyes on and off three times while my both hands were praying position on my chest and prayed for their safety and long healthy life for every night before I slept. Now I don't do this ritual at all.
- I take a walk from 29th Street/6th Avenue to Hudson River and watch the wave of water around the old left over wood structure of the pier and sit on the bench to put my thoughts together, then walk down to 23rd street pier to see the Statue of Liberty and either walk back or take the crosstown bus.
- Tea and knitting are usually part of my healing and calming processes. I will brew either a Chinese gongfu cha or a mug of Assam tea with milk. Then I take the tea and my knitting and sit leaning against something and put my feet out in front of me somehow. I then sip and knit until the tea is gone. The brewing itself requires me to stay present and focused for about 5-10 minutes. I start the water boiling, wash out my brewing vessel, then weigh my tea. If I am doing gongfu cha I will choose my teacup and my tea

pitcher as the water boils. If I am brewing the Assam tea, I will wait until the tea is brewing to choose my mug. Sometimes when I wait for the Assam tea, I will put some milk into my mug, but mostly I will add the milk after pouring the tea out. I like to see the color of the tea as I pour it out from the brewing vessel. When adding milk I like to see the color change again. In gongfu cha I will rinse the leaves first before brewing and I sometimes will smell the lid of the brewing vessel after pouring out the rinse. In brewing Assam I will smell the tea in the mug or in the pot to check on the steeping. When brewing either of them, I will stay present as the tea brews so that I will not over steep it. The knitting is whatever I happen to be working on at the time. I never start any new knitting projects during this ritual and I try not to finish the knitting if possible. Sometimes I will do this ritual quietly but more often I will play music or a podcast.

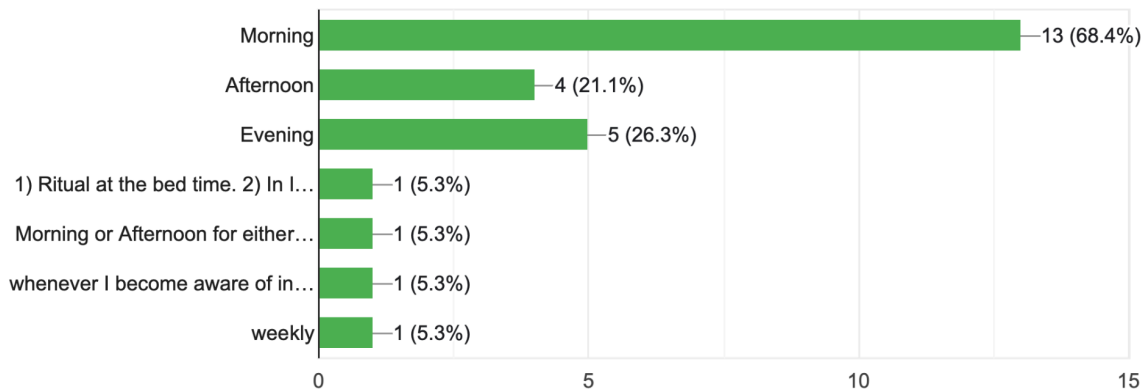
- I stretch in an unordered way, just for a few moments, especially if I am not dancing that day. I go to my study, where the sunlight comes in and I clear the floor. I do not play any sounds. I take off my glasses. I stretch on the floor or against the wall, just according to how I feel at the moment. I try not to think about it, just feel it.
- Conscious deep breathing
- Zen Meditation, reading books about Zen, burn incense
- I do breathing exercises on most days
- I have a meditation practice. It is usually seated in a certain way in a certain room, but lately I have been trying to open up the meditation to different arrangements: different positions of my body, different places in my home, moving as opposed to always being still.
- Sometimes when I'm feeling very stressed I pause and try to not run run around right away.



- Washing my face, brushing my teeth, taking care of my skin, twice daily ritual. Taking care of my body.
- I write in my journal often, and prefer it as a morning ritual though it does not always work that way. Also, self-care, dressing, (a little) makeup and medication in the morning are a kind of ritual. I like to spray violet scents. Morning coffee we make for each other in our house also.
- i attend three 12-step meetings per week: one in person, one by phone, one by zoom

When do you perform this/these ritual(s)?

19 responses



**Q:** How does it affect your mind and body (and your relationships, jobs, etc.)? Why do you perform this action?

**A:** health and mental stability

- Health, and to switch off certain professional stresses and anxieties (feeling that I have to be responsive to others' questions and requests)
- It represents a celebration at the beginning of the day, by preparing a meal for myself and my partner. And also feeds us. :) But the main thing is about putting some of my energy in a physical task, by cutting fruits precisely and placing in a beautiful bowl.

- Those rituals are habits, so I don't feel settled unless they are done. They make the day start smoothly.
- It begins and activates everything, body first then mind, then allows the rest to begin. I don't know if I think this is a good thing.
- I do this long oral care routine because I have sensitive gums that are prone to inflammation, and it's a routine that keeps my mouth healthy. Interestingly, I've learned that gum inflammation is linked to heart problems, and so I know that taking care of my mouth affects my body. When I learned that I had to do this long care routine, I felt exasperating, it just seemed to take so much time, but after a couple years it became a nice calm moment in the day, and I almost look forward to it. I read something once that suggested lighting a candle for your oral care routine, turning it from a hygiene task into a self-care ritual. I don't light the candle, but just reading that changed my attitude about it.
- to unclench my mind and broaden my perspective
- QUIETS THE MIND. DISAPPEARS THE SELF
- After lunch (around 1pm) my body always feels a bit tired and my brain has already dealt with a lot. a short nap of 20-30 minutes becomes essential.
- To try to communicate with him, to make my pre-words vague thoughts to a phrase to convey to "him."
- I perform for self improvement - body and mind
- Gives me peaceful times and put my thoughts together.
- I find both tea/knitting and stretching empties my mind but also re-opens it along with my senses. Tasting tea, feeling my body open up, feeling yarn in my hands are all reconnections for me, especially if I am feeling overwhelmed by external things. These rituals also remind me that just a

few minutes can make a big difference, when I am panicked about time (not enough time, usually). The act of making tea and knitting also give a feeling of accomplishment - a task has been achieved and if I paid attention, it has been satisfyingly achieved. It's so pleasant to come back to small things over and over again. Even though the knitting is never completed in this ritual (nor started), the continuity of it is intensely soothing.

- helps me become more grounded and more easily carried to the next movement
- it helps me to center my mind and feel alert
- everything is better when you are able to be more mindful and aware: relationships to others and self, work, even physical pain; for my other rituals, bringing in care and small pleasures
- I need to think and start my day slowly. I prefer one starts with these rituals rather than just drinking coffee and immediately going to email and work which sometimes happens instead, I am trying to make more self-care rituals become more regular part of my day and not just periodic.
- out calls my anxious mind, puts me in community
- I can feel the state of mind like the calm blue sky. It accelerates the concentration and efficiency of jobs with ease. Through those rituals, the feeling of appreciation and tenderness occurs in everything. It's a necessary practice to live, not spending time unconsciously but being aware of the precious everyday life, which is once in a lifetime as a fact, renewing and reborn myself every day.