

Weekly Wisdom



Grow the Green for You and Your Team



“Ritual is the act of sanctifying action - even ordinary action - so that it has meaning. I can light a candle because I need the light or because the candle represents the light I need.” – Christina Baldwin

Rituals are Good for Our Health

It’s a season of rituals. Which got us to thinking...

Rituals are “a series of actions performed in a specific way.” They often signify transitions and “provide psychologically meaningful ways to participate in the beliefs and practices of the community.”

Rituals help reduce anxiety and improve performance and confidence. They lower cortisol, heart rate, and blood pressure and increase immune system function.

Rituals are important, but they need to be intentional. What rituals can you initiate in your workplace or family? In our work, we already have some built-in rituals. Can we make them even more powerful?

- How can we create rituals in Morning Rounds?
- Are there hand-off rituals that would support team function?
- Can we celebrate our work with monthly or annual rituals?

Let us know your ideas!