

Wellbeing: October Newsletter

The Benefits of Family Rituals

Whether we are aware of them or not, we all have individual and group rituals. Things like a cup of coffee first thing in the morning with our work colleagues, walking the dog when we get home, cake to celebrate birthdays, a movie with family on Sunday nights, a hot bath after sport, a weekly phone catch up with a loved one, holidays at the beach..... these are all example of rituals we develop and perpetuate. Rituals can be daily, weekly, monthly or attached to special occasions.

There is plentiful evidence that family rituals can be very beneficial at all life stages, but particularly during childhood and adolescence. Benefits include;

- **Promoting a sense of belonging and connectedness** – relationships are very important to positive mental health and life satisfaction.
- **Supporting the development of social skills and attitudes** – family rituals can support not only positive family relationships but can also assist young people to develop the skills and attitudes necessary to build healthy relationships in other areas of their lives.
- **Identity** – rituals help us to define our values and sense of self which in turn supports the development of positive self-esteem and drives goal setting behaviours.
- **Predictability** – consistency can enhance our sense of safety and help in the regulation of our moods.
- **Resilience** – family rituals can provide a space for families to connect and engage via shared activities thus helping family units to be strong and supportive. Support networks are predictive of mental health outcomes during times of trauma, grief and other life stressors. The better the support networks, the greater the likelihood of recovery and positive mental health outcomes.

Links for further reading:

- [Mindright](#)
- [Raising Teenagers](#)
- [Raising Children](#)

