

Weekly Wisdom



Grow the Green for You and Your Team



“Rituals are a powerful human mechanism for managing extreme emotions and stress.” -- Mike Norton

Rituals Are a Well-being Superpower

Do you have something that you do regularly, that's special to you, that is unique from other people? If yes, you are engaging in a ritual, and that is a well-being superpower.

The emergency room nurse who goes home after a shift and takes a shower, imagining that work worries are swirling down the drain.

The peds nurse with a quick journaling practice signifying the beginning and end of each shift.

Family game night. Graduation and wedding rituals. Nightly prayer.

What about rituals at work or rituals that help you manage the day's stress? Does your team start huddles with a ritual? A shift change? We know units that employ The Pause when a patient dies -- a silent ritual that acknowledges the patient and the team's emotions.

Rituals are powerful tools for creating boundaries between work and home.

Begin your own ritual practice simply by turning something you already do, like brushing your teeth or walking to work, into a ritual. Imbue these mundane moments into something meaningful and good for you.