



# Be Well Aware – Health Article



## How to Create a Healthy Tradition with Family or Friends

Traditions establish and strengthen group bonds by providing a solid structure, a sense of continuity, and a feeling of belonging, but just because you have had traditions in the past, does not mean you can not alter them, remove old ones, and begin with new ideas. Here are some tips to incorporating new traditions into your year.

### **Get input from the whole group**

A group tradition should be a moment of connection and celebration. Every member should feel as if their voice is being heard. Collaborate on ideas and be receptive to new suggestions and compromises.

### **Do something everyone is interested in**

Every group member needs to be somewhat invested in the tradition for it to be sustainable and meaningful. Find a common interest and capitalize on that.

### **Set aside time**

Traditions may fall to the wayside without proper planning and time management. To prevent this from happening, use time blocking to set aside time for the occasion.

### **Keep it simple**

Overcomplicating a ritual may detract from its fun aspect and make it a stressful affair. Keep it simple, genuine, and inclusive. Remember that a ritual is meant to be a moment of relaxation, connection, and appreciation. Skip superficial measures and focus on what is important.

### **Take a break from technology**

Technology is the ultimate distraction and barrier to connection. While you may be tempted to photograph every moment of a celebration, try to be present and capture the moment mentally. The less technology is present, the more present you and your family or friends can be.



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### **Stay positive**

Remember that not every tradition will always be a smooth-sailing easy affair. While family or a friend group may come with an abundance of love and support, it may also come with several internal tensions and challenging histories.

### **Be open to change**

You might need to alter family traditions as the years go by to preserve their longevity. Be willing to adapt to change. For example, you might need to compromise to cater to generational differences as the next generation grow up.

### **Self-care as your own tradition**

Nurturing connections is just as important as investing in your relationship with yourself. It's challenging to feel authentically connected to others when you are not connected to your own emotions and needs.

As much as we love our family and friendships, bringing the people together can cause a lot of stress and worry. Combat this stress by taking a moment for yourself and practicing self-care.

Everyone has a different understanding of self-care. For some, their morning jog might be essential to their self-care. For others, it could mean dedicating time to mindful breathing or visiting a therapist every week.

Ultimately, if it is a healthy habit and it works for you, you should prioritize it. Investing in your relationship with yourself is an investment in every other relationship in your life.



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### **References:**

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