



YOUR RITUALS



MENTALITEA
Premium Handcrafted Teas



The information and advice provided in this guide is general in nature and should not be used as, nor substituted for, professional and / or medical advice.

We do not accept responsibility for determining whether the featured products/ services are appropriate for *you* and **your** health.

This is a guide / resource for **you** to take as what suits *you* best based on *your* personal choice and circumstances.



MENTALITEA
Premium Handcrafted Teas



INTRODUCTION

hello!

My name is Dianne and Lady is my gorgeous fur baby. A little about us, I am 48 years young and over the past six years I have experienced what I like to call a life transformation.

The reason I call it a transformation is because I believe in the positive energy behind it (acknowledging it was far from pleasant to go through) and honours my journey from then to **you**.

When flicking through this **Rituals Guide**, my wish is that you gift yourself the grace of time, space, energy and an open heart to get back to **you!**

Best regards,

Dianne



MENTALITEA
Premium Handcrafted Teas



RITUAL

Is a sequence of activities, involving gestures, words, actions, or objects performed according to a set sequence (Wikipedia).

It can be any practice, action, or procedure performed or observed regularly, consistently.

Can be as simple as **you** need or want in that moment of time. Think of the art of making a cuppa, going for a walk, or practising some deep breaths.

All stem from intention, mindful and conscious action. A loving gesture to *yourself*.

Let's delve in a bit deeper.



MENTALITEA
Premium Handcrafted Teas



WHY RITUALS ARE IMPORTANT

By aligning behaviour and creating shared and / or sacred experiences, rituals forge a sense of belonging and feeling grounded within **yourself**.

They can provide a sense of stability and safety within a unpredictable and chaotic world.

Building in time for self-care , rest and reflection is in itself an act of self-love and reaffirms to your brain **you** are a *priority* and worth it!

Rituals can create magic within the everyday. Consider it an opportunity to 'be here' as opposed to 'being there'. Find the blessing in the everyday and the simple pleasures you live and breathe everyday.



MENTALITEA
Premium Handcrafted Teas



TIPS FOR CREATING RITUALS

Engaging your senses brings you back into your body, and out of your mind/ thoughts.

Using your senses gifts you the opportunity to connect with your body and its sensations.

What is it telling you? How can you engage your senses:

- Use intention - what meaning does the ritual(s) hold for you
- Make them short and sweet, it will more likely become a habit
- When out walking, consciously notice 5 things you can see, 3 things you can hear, 3 you can touch, 2 you can smell and express 2 things you are grateful for. *What are they?*
- When journaling, light a candle, make yourself a cuppa and look inwards.

What are you thinking, feeling and why?



MENTALITEA
Premium Handcrafted Teas



TIPS FOR CREATING RITUALS

- When enjoying a shower, take some deep breaths and feel the steam clear your airways. Visualise breathing in love and positive thoughts/ feelings and exhale fears, stress & negativity. Use a luxurious scent and focus on the feeling of the water hitting your skin.

How comforting is it!?

Visualise any worries you may have washing down the drain.

- Gets others involved – involve your kids, partner, friends and family when it feels right for you. If things don't go to plan , think flexibly and find another way to honour *your* ritual time.



MENTALITEA
Premium Handcrafted Teas



MORNING RITUALS

Morning rituals are powerful, here's why:

1. Sets the tone for your day ahead
2. Gifts you a feeling of control over your day
3. Assists simple, daily self care experiences
4. Gifts you more time
5. Can lead to reduced stress levels
6. Feel greater willpower to start your day

Gratitude: Observing and expressing what you are grateful for is a powerful tool to train your mind to look for all the blessings in your life.

Try starting with 3 things you are grateful for as you awake, try thinking of the little things.

For example; I'm grateful for seeing {**name**} yesterday because they helped me realise....



PRO TIPS

Rituals require presence and intention. Try making the simple & mundane magical!



MENTALITEA
Premium Handcrafted Teas



MORNING RITUALS

Journalling: This could look like goal setting, to-do lists, gratitude or free journalling. The choice is all yours! It allows you to tap into your inner wisdom and guidance.

Write without intention or judgement, let what comes come and welcome the opportunity to delve deep and discover your thoughts behind your questions.

Write your thoughts and questions down.

What you seek is always within you.

Intention: Setting a daily intention is a loving promise to yourself about how you want to feel and train your thoughts in order to evoke **your** desired feeling. Consider it as your anchor for when challenges arise.

Movement: Light stretching such as yoga is fabulous for reinvigorating the mind and body. It also sends out endorphins – even better!

Find a method of movement that you love and stick with it.



MENTALITEA
Premium Handcrafted Teas



MORNING RITUALS

Affirmation: Ground yourself in love with affirmations. You can create your own, search Pinterest for what resonates with you or use some of mine [here](#).

To get you started:

I am worthy

I am capable

I am enough

I've got this

All that I need is within me

Today is going to be a great day

I am open to healing

I am stronger than yesterday



PRO TIPS

Rituals require presence and intention.

Make the simple and everyday more magical!





MORNING REFLECTION

Some reflections to ponder:

What do I need today?

How can I take exquisite care of myself?

How do I want to feel today?

What do I need to think in order to feel that way?

What steps can I take to move forward towards my goal/s?

Who do I want to become?

What do I need to think to become her?





MORNING AFFIRMATIONS

My breathe gives me energy. I choose to breathe deeply

I choose to enjoy this day.

I am strong. I am able.

I welcome what comes my way.

I have all that I need to make today a great day.

I acknowledge my own self worth - my confidence is rising.

As I take on new challenges I feel calm, confident and powerful.



SELF-CARE *Recommendations*



*"Self care +
self love. YOU
are worth it!"*



*my thoughts
CREATE
my reality*



*Find pro active
self care, support
& comfort through
music & inspiring
podcasts*



Find what works best for you, and this may take some time to discover. And that is perfectly ok. Be patient with yourself while you discover what is effective, comforting and calming for you. Above is some ideas to get you started.





EVENING RITUALS

Sleep is extremely important for so many reasons and the journey to a great night starts before you lie down. During sleep, the body gets the chance to recover and recharge, both mentally and physically.

Sleeping better ensures that the body has time to process all the stimuli and emotions of the day, so that the next morning you can start the day fresh, energetic, and alert.

Unwind, and reset your mind, body and soul in 3.. 2.. 1..



PRO TIPS

An established evening routine can be beneficial for ending your day with a calm mindset and getting into bed without a whirlwind of thoughts.



MENTALITEA
Premium Handcrafted Teas



EVENING RITUALS

Set the right mood: To get your system into 'sleep-mode', start with setting the right mood. Transform your bedroom into a peaceful cocoon. A quick and super effective fix is to dim the lights and light some candles.

Put on a relaxing playlist, close your eyes, listen to the music and let it distract you from your worries and calm you down.

Meditate: Let your body sink in a state of pure relaxation, and if you need any support under the knees or the head, make sure to get a blanket or pillow.

Feel your body temperature and heartrate naturally come down.



PRO TIPS

A simple evening routine that will set you up for a great night's sleep.



MENTALITEA
Premium Handcrafted Teas



EVENING RITUALS

Journalling: Look back on your day: what went well today, what surprised you and what are you grateful for?

Reflect on the things that perhaps didn't go so well and how you can do things differently next time.

This can give you peace of mind, an overview and you will feel very grateful and happy if you consciously go through the finer moments of the day.



MENTALITEA
Premium Handcrafted Teas



EVENING RITUALS

Some reflections to ponder:

What did I need today? Did I give it to myself?

How did I take exquisite care of myself today?

How do I want to feel tomorrow?

What do I need to think in order to feel that way?

What steps can I take to move forward towards my goal/s?

Who do I want to become?

What do I need to think to become her?



EVENING AFFIRMATIONS



I radiate beauty, charm and grace

I let go of negative feelings and make way for positive change.

I exercise patience and gratitude.

I am in control of me.

I am extraordinary.

I sleep peacefully and welcome a blessed day tomorrow.

Today wasn't perfect but life is a beautiful gift.

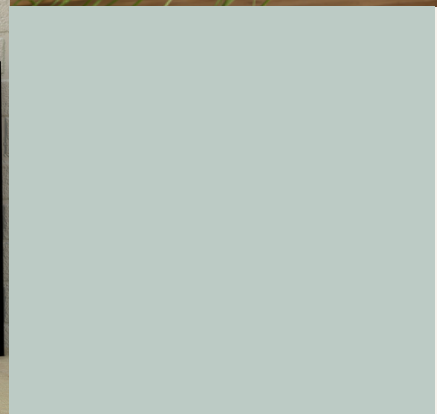
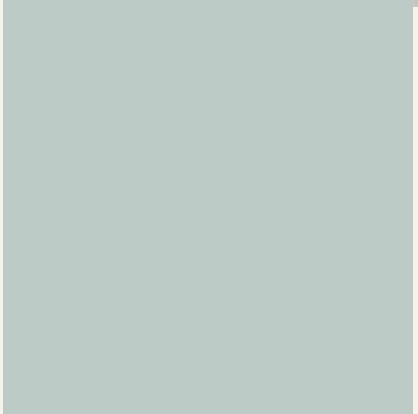
I am knowing myself and my value day by day.



SELF-CARE *Recommendations*



Self care + self love. YOU are worth it!



Wellness meal and skincare, you can shop this product using my links



Find what works best for you, and this may take some time to discover. And that is perfectly ok. Be patient with yourself while you discover what is effective, comforting and calming for you. Above is some ideas to get you started.

