

Working Parent Ritual for Beginning and Ending the Work Day

*At the beginning or the end of a work day: either at home, the office, or the car,
pause and take a deep breath.*

- 1) Take out your scented object of choosing: inhale deeply and exhale.
- 2) Close your eyes and reflect on something that went well for you in your work or parenting. Don't dwell on what didn't go right!
- 3) Take a few breaths and allow yourself space to be present, letting go of your responsibilities as worker/parent, just being.
- 4) Then take a breath and offer gratitude for your own abilities, for your support systems (teachers, partners, family, friends, colleagues, etc.), and for something larger (the divine, the earth, etc.).

You might recite:

*In this moment,
I lay down my burdens, thankful for all that helps me carry them each day.
Now I am more ready to lift up and be lifted up by what comes next.*

- 5) Conclude by inhaling your scented object again (if it's a cup of coffee or tea, take a sip; if it's hand cream, put it on and smell it, etc.) and exhaling deeply before you move on to the next part of your day.