What are social rhythms?

Social rhythms are the daily routines of life.

They start to develop from an early age within family routines e.g.

- Eating
- Sleeping

Our most important social rhythms are:

- Sleep
- Meal times
- Relaxation
- Social contacts
- Work (including chores, college, employment)
- Exercise
Why are social rhythms important?

- They help us plan and structure our days / week
- They help us to create rhythm in our biological clocks
- Any loss or change to our social rhythms have a knock–on effect on our biological clocks

Biological Clocks

- Our ‘body clocks’ produce chemicals that control mood, sleep patterns and appetite
- When our normal routines change, the wrong amounts of chemicals are produced at the wrong time of day. This can then effect our physical health and mental health
How to reduce stress through social rhythms

To keep our mood ‘middle of the road’ we need to:

- Have a balanced lifestyle

- Avoid being over or under stressful

- Have a set of routine core activities

- Have set times for important social rhythms such as sleep, eating and relaxation

Plan for predictable stressful events (e.g. Christmas) where routines may change.