

# Social Rhythms



## 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.

