

# RITUALS OF CONNECTION

Here's a list of suggestions for rituals of connection that focus on devoted one-on-one time, each lasting about 5 to 10 minutes. These activities are designed to foster intimacy and connection in a focused and meaningful way.

## 5-MINUTE MASSAGE EXCHANGE

Take turns giving each other a brief, relaxing massage. This not only eases tension but also creates a nurturing and caring atmosphere.

## JOINT STRETCHING OR EXERCISE

Engage in a short stretching routine or light exercise together. This not only promotes health but also synchronizes your physical movements, enhancing your connection.

## COFFEE OR TEA TIME

Enjoy a cup of coffee or tea together without the distraction of screens. Use this time to chat casually or simply enjoy each other's presence in silence.

## GAZING

Engage in a few minutes of eye gazing. Sit comfortably and look into each other's eyes silently, fostering deep connection and non-verbal communication.

## QUESTION OF THE DAY

Ask each other a meaningful question every day. It can be something simple like, "What made you smile today?" or more profound questions about dreams, aspirations, or memories.

## BREATHING TOGETHER

Sit close and synchronize your breathing for a few minutes. This simple exercise can be deeply connecting and calming.

## DAILY HIGHS AND LOWS DISCUSSION

Share the high point and low point of your day, along with three things you're each grateful for. This ritual fosters empathy and understanding of each other's experiences.

## MINDFUL HAND HOLDING

Sit quietly together, holding hands, and focus on the sensation of touch and connection. You could use this time to reflect silently or listen to calming music.

## SHARED JOURNALING

Keep a joint journal where you each write down a thought, feeling, or appreciation about the other or your relationship. Take a few minutes to read and add to it together.

## READING ALOUD

Spend a few minutes reading a book or article aloud to each other. This can be a shared interest or something inspiring.