

MIRAVA BOOKS

Family Rituals in Uncertain Times

Small habits that restore a sense of home

English edition

Free excerpt

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Small habits that restore a sense of home

English edition · Revised edition · October 2026

This guide is for families facing relocation, separation, shift work or frequent change. Choose one chapter and agree with the participants before trying its ritual. The examples are fictional; the text was prepared with the help of artificial intelligence. Rituals do not resolve financial, housing or other real difficulties, or replace necessary help. Their aim is more modest: an accessible repeated activity with room for connection, rest and personal choice.

MIRAVA · Text and translation prepared with AI assistance.

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01

Why repetition matters to a family

After moving, a family puts a familiar cup on the table and shares one moment from the day. The cup itself is not the point: this is a brief meeting among boxes and unfamiliar tasks. Repetition creates a recognisable point in the schedule. It can survive a change of address without reproducing every detail of the former home.

Choose a five- or ten-minute activity linked to something that already happens: evening tea, coming home from school or calling a relative. Ask what each person wants from it. One wants conversation; another wants to sit together. Allow people to skip an answer and avoid demanding something positive after a difficult day. They can say: “Today was hard; I want to be with you.”

Create a shorter alternative: exchange wishes in the family chat instead of tea, or stand at a window instead of walking. Missing a ritual should not lead to shame. With different work shifts, some relatives may participate now and others later. Do not make anyone the permanent organiser against their wishes.

Practice: write the purpose, usual format and backup version of one ritual. Try it for a week without treating missed days as failures. Ask afterwards: “Did we want to continue? Who had extra work?” Adjust the timing or tasks. Connection matters more than a polished script. You can drop an unsuitable ritual without concluding that the family is insufficiently close.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.