

*Floral Art  
Insights When  
Times Are  
Challenging.*



*Rittners Floral School  
Boston, Ma.*

[www.floralschool.com](http://www.floralschool.com)

# **What Floral Art Can Do In Challenging Times.....**

There are studies that flowers can help reduce stress. They can help us feel less depressed and contribute to our sense of well being.....As a floral educator, I have seen first hand how learning floral art relaxes and renews people stressed by normal everyday life.

As human beings we need nature. Florals bring us closer to nature and bring natural experiences right into our homes up front and personal. Flowers provide us with a “nature fix.”

Floral art can be used for therapeutic purposes not only to relax, but as a means of self-expression. It feels good to create something with our hands, and to share with others.

Designing and giving floral art to others facilitates human connections. Our florals express solidarity, sympathy, love, & friendship. They show others we care...They strengthen our bonds.

We get pleasure from the total combination of design elements that make up any piece of art. It should come as no surprise that simply looking at floral art and enjoying it aesthetically can be very satisfying.

Florals play an important part in life cycle rituals and important holidays during the year. Even under the best circumstances, civil, religious, and ethnic symbols are embodied in our floral art. These symbols exemplify our ideals, and the values that are important to us. This is equally appropriate in challenging circumstances.

I believe that floral art can give us additional insights. I hope you enjoy this little exploration.

**Steve Rittner**

**Yes... Insights from Floral Art CAN  
really be helpful....**



**Here are a few  
more specifics...**



Find your happy place.  
Think about it and enjoy it.



Practice Social  
Distancing.....





But still keep your social connections. It doesn't have to be in person. It could be by phone, by texting, by skype or other means. It's important to connect with others. It makes you and others feel better too.



Enjoy your immediate family.....



Hug your dog (or cat!)





Don't have a dog or cat?  
Consider adopting a pet!

Think positive thoughts  
and try to dwell on them.





Things will get better.



Get enough sleep. If possible, sleep late once in a while.....



Eat well or as best  
you can!



When it is warm enough, get out and do some gardening (weather permitting of course.)





Do your exercise routine!



Walk ... or  
Run..  
if it makes  
you feel good!





While it is important to keep up with the news, sometimes over obsessing about comments from politicians and news sources can be unsettling.

Yes it's OK to turn off social media once in a while....



Try to maintain  
a balance.  
(Sometimes  
easier said  
than done)

Focus on the day to day routine/tasks, on what you need to do and what you'd ideally like to accomplish.



Celebrate the holidays that ground you, that reflect your values and that connect you to others, even with new technology adaptations....



Have a glass of wine (or something stronger) with your dinner once or twice a week.\*

\*Age permitting of course. Never overdo it, don't mix with meds, and never drink and drive.





Have a cup of tea. (or more than one) daily.  
(One of my grandfathers was originally from  
England. He most assuredly would have  
found this one to be useful.)



Give yourself the gift of time. Set aside a special time regularly, where you can try and experiment with new and different things, things you normally don't do.... learn a language, take a walk, visit a museum virtually or learn a new skill...



Experiment with new ingredients in your flower arranging and/or your cooking!

(Is garlic a spice, an herb or a vegetable? I'm not even going to go there. I do know that my family gets nervous when I get that gleam in my eye at the produce section of the supermarket)





Play is healthy and renews.  
Even for adults. Set aside  
periods of time to play...

Play could take many different  
forms. (obviously not team  
sports in a pandemic)





If you can, play with a few flowers and make something.

But really concentrate on making it.

Don't think about other stuff you need to do, other places you need to be.

Concentrate on the flowers themselves, where you are placing them and how. And don't worry about making mistakes.

Just live in the moment with your flower design.



Appreciate what you have.  
Don't dwell on what is  
lacking.....



CREATE! And make  
a glorious mess!!!!

Look at things from  
different angles and  
perspectives.....





Experience  
“Eureka Moments!”



Clean that closet!  
(Enough said!)



Discover the colors that make you happy!!



Surround yourself  
with those happy  
colors.....





Be generous.

When it is possible...  
When it is safe....  
send/give flowers.

They make people feel  
better. And giving them will  
make you feel better too.

Surround yourself with things that make you feel happy.





Keep a sense  
of humor



Have some bold, sunny,  
happy flowers around  
you.

We hope you enjoyed these brief insights.

At Rittners Floral School in Boston, we believe that flowers and their design can help bring joy into people's lives.



**IF YOU LOVE  
WHAT YOU DO...  
YOU WILL NEVER  
WORK A DAY IN  
YOUR LIFE...**

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