

Rittners Floral School Boston, Ma.

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....





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!)



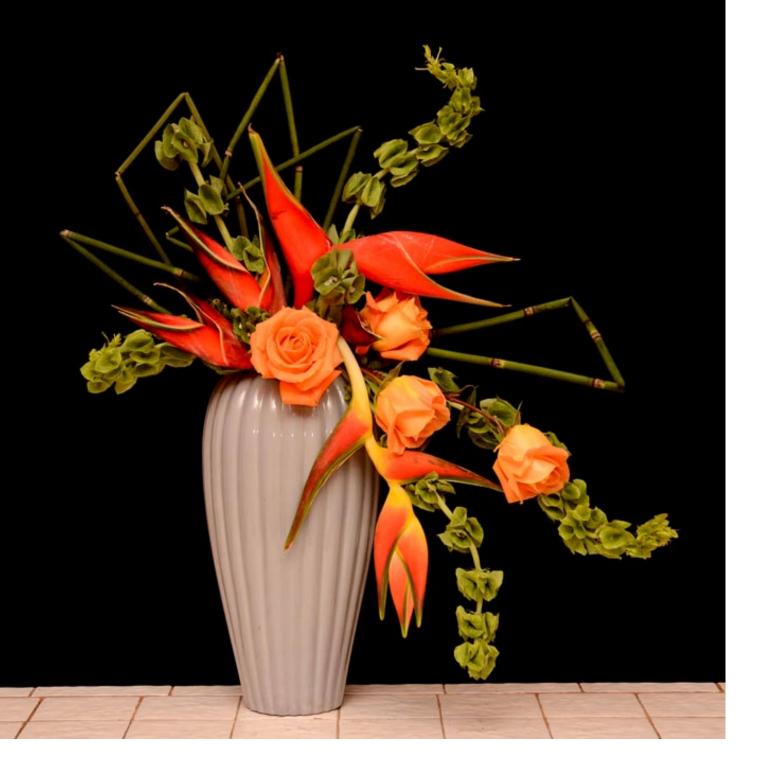
Don't have a dog or cat? Consider adopting a pet!

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)





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...

W W W . F L O R A L S C H O O L . C O M



RITTNERS FLORAL SCHOOL

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