

ESL95 Why Rituals are Good for Your Health

ANSWERS Noticing Reduced Dependent Clauses: Adjective (relative), Adverb (subordinate), and Noun

Full Adjective Clauses

1. Women **bore the brunt of** this as, in a matter of months, we were forced to **ditch** our previous lifestyle and **observe** a strict Islamic attire, **which covered our bodies and hair.** (paragraph 1)
2. We **clung** to 3,500-year-old Zoroastrian ceremonies **that correspond to the seasons.** (paragraph 2)
3. Rituals, **which are a series of actions performed in a specific way**, have been part of human existence for thousands of years. (paragraph 3) * non-defining!
4. Rituals, on the other hand, are “goal **demoted**,” **which means that their actions have no instrumental connection to the outcome.** (paragraph 3)
5. While it’s not clear exactly how they help, rituals reduce **anxiety**, improve performance and confidence, and even work on people **who don’t believe in them**, research shows. (paragraph 5)
6. In a University of Toronto study, participants **who performed a ritual** before completing a task **exhibited** less anxiety and **sensitivity** to personal failure than when they completed the task without first performing the ritual. (paragraph 5)
7. According to Andrew Newberg, the associate director of research at the Marcus Institute of Integrative Health, rituals lower cortisol, **which in turn lowers heart rate and blood pressure and increases immune system function.** (paragraph 6)
8. We live **amid** a loneliness epidemic **where the lack of belonging and community has been linked to high suicide rates and an increased sense of despair.** (paragraph 7)
9. We gathered family and friends, **reciting** the ancient story of the poor abused girl **who had run away from home and had a vision of being visited by three celestial bibis (matrons).**(paragraph 8)

10. It also reduces stress and depression through a combination of effects on the autonomic nervous system, ***which is ultimately connected to the emotional areas of the brain—the limbic system.***” (paragraph 9)
11. But where was that **mythical** village and the rituals ***that made it sane?*** (paragraph 11)
12. A new mother was surrounded by people ***who took turns assisting with daily tasks.*** (paragraph 11)

Full Adverb Clauses

1. For example, we sing “Happy Birthday” to the same melody ***even though it isn’t tied to a specific external result.*** (paragraph 3)
2. And ***as strange as rituals might be from a logical perspective,*** they have **evolved** as distinct features of human culture. (paragraph 4)
3. ***While it’s not clear exactly how they help,*** rituals reduce **anxiety**, improve performance and confidence, and even work on people who don’t believe in them, research shows. (paragraph 5)
4. The United States has one of the worst **work-life balance** scores in the world, ***while more Americans have become disillusioned with organized religion, as a broad and rapidly rising demographic consider themselves spiritual but not religious.*** (paragraph 7)
5. In Iran during the war, we found uses for rituals ***when we were faced with food rations.***
6. This worked well with food rations ***as each guest brought a few ingredients to make the halva.*** (paragraph 8)
7. Stories, such as those told during the Jewish ceremony of Passover Seder, have become **ritualized** ***because they are recited in the same way each time.*** (paragraph 9)
8. ***Whether we’re chanting in Sanskrit or singing the national anthem,*** “our brains tend to **resonate** with those around us, so ***if everyone is doing the same dance, hymn, or prayer,*** all of those brains are working in the same way,” Newberg explains. (paragraph 9)

9. I moved to the U.S. **when I was 14.** (paragraph 11)
10. In this age of **isolation**, we need **nourishing** and **uplifting** means of creating community by bringing together members of different generations **as our ancestors did.** (paragraph 17)

Full Noun Clauses

1. I don't know **if I could have survived seven years of my childhood without the soul-saving rituals of my Persian culture.**(paragraph 1)
2. It helped **that in Persian culture we had ceremonies to turn to.** (paragraph 2)
3. Psychologist Hobson confirms **that rituals aren't just a benefit to our mental health—they're actually essential.**(paragraph 10)
4. Each week, five to 10 of us gathered, shared food, and **recounted what made us grateful.** (paragraph 15)
5. In the U.S., we don't have to worry about bombs and food rations, but we still have challenges to our security **that affect our mental and physical health.** (paragraph 17)

Reduced Adjective Clauses (appositives)

1. According to Andrew Newberg, **(who is) the associate director of research at the Marcus Institute of Integrative Health,** rituals lower cortisol, which in turn lowers heart rate and blood pressure and increases immune system function. (paragraph 6)
2. Stories, such as **those (that/which are) told during the Jewish ceremony of Passover Seder,** have become **ritualized** because they are recited in the same way each time. (paragraph 9)
3. Whether we're **chanting** in Sanskrit or singing the national anthem, "our brains tend to **resonate** with **those (who are) around us,** so if everyone is doing the same dance, hymn, or prayer, all of those brains are working in the same way," Newberg explains. (paragraph 9)
4. According to one study, chanting the Sanskrit syllable "om" **deactivates** the limbic system, **(which softens) softening the edge of fear, anxiety, and depression.**

5. For example, a pregnant woman in Iran had a rotating menu of dishes **(which were) *made for her by friends and family.*** (paragraph 11)

Reduced Adverb Clauses

1. ***After (I had lived) living here for two decades,*** I became a mother and was **confronted** with the phrase, “It takes a village to raise a child.” (paragraph 11)

Reduced Noun Clauses

1. The girl said ***(that) she didn't have any money,*** and the bibis told her ***(that she should) to borrow or work for the ingredients.***