



SMALL PRACTICES THAT HELP ME TRANSITION HOME

I do not need a perfect routine. A small signal can help my mind and body recognise that this part of the working day has ended.



1. WHAT DO I CARRY HOME?

- ☐ client stories or images
- ☐ unfinished tasks
- ☐ worry or responsibility
- ☐ physical tension
- ☐ alertness or emotional intensity
- ☐ tiredness or numbness
- ☐ pressure to become immediately available
- ☐ something else

What do I notice during or after the transition?

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2. BEFORE I LEAVE OR LOG OFF

Small possibilities...

- ☐ complete essential records
- ☐ note what must be carried forward
- ☐ close files and clear the space
- ☐ check whether anything urgent remains
- ☐ stretch, breathe or change posture
- ☐ name: 'My working time is ending.'

What would help me feel safely finished enough?

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3. DURING THE JOURNEY OR THRESHOLD

- ☐ notice three things in the present environment
- ☐ listen to music, quiet or something familiar
- ☐ allow movement or fresh air
- ☐ change clothing, lighting or sensory input
- ☐ pause before entering the next role
- ☐ use one steadying phrase

If driving, cycling or crossing roads, choose only practices that keep attention fully on safety.

What might mark the crossing from work towards home?

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4. ARRIVING HOME

What does my mind or body need first?

- ☐ quiet
- ☐ connection
- ☐ food or water
- ☐ movement
- ☐ rest
- ☐ reduced sensory input
- ☐ practical information
- ☐ a few minutes without demands

What could I communicate to the people around me?

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5. WHEN HOME IS ALSO MY WORKPLACE

How can I create a visible or sensory ending?

- ☐ shut down and put away equipment
- ☐ leave the room or change position
- ☐ alter lighting, sound or clothing
- ☐ take a brief walk or purposeful pause
- ☐ begin one ordinary home activity

What boundary or environmental change might help?

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6. WHEN THERE IS VERY LITTLE SPACE

A transition may be...

- ☐ one breath before opening the door
- ☐ unclenching my jaw or lowering my shoulders
- ☐ washing my hands or face
- ☐ changing one sensory cue
- ☐ writing one sentence for tomorrow
- ☐ asking for five minutes

The smallest practice that could help me is...

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7. WHAT HELPS—AND WHAT DOES NOT?

What genuinely helps me return to myself?

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What distracts briefly but leaves me carrying more?

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What becomes another demand or rule?

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8. MY TRANSITION PLAN

At the end of work, I will...

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On the way or at the threshold, I may...

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When I arrive, I need...

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If the day has been particularly difficult, I will seek...

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One boundary or working condition that needs wider support...

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9. NOTICE AND ADJUST

What would tell me this practice is helping?

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What might I change if it is not?

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