

Work to Home Transitions

— in 5 minutes or less —

Make the most of the moments between finishing work and leaving for home, so you can move into the next phase of your day in the best possible state. Before returning home, pause for a moment and try one these techniques, or another that works for you.



Deepen the breath for 60+ seconds

Repeat an affirmation to yourself

Acknowledge something you did well today

Say a prayer of thanks

Stretch or move the body

Hydrate

Small & Mighty
Transition Tips

Brush Off
the Day:
for when you
want to leave
work *at work*

1. Use the palms of your hands to “brush yourself off” with short, brisk strokes. Start at the top of one shoulder and move down the arm.
2. Apply the same technique to the other arm, your chest and back, and legs.
3. Envision anything you’d like to let go of being brushed off, as if it were crumbs.
4. Shake your limbs, hands, and feet for a full 30 to 60 to really clear your energy.
5. Notice whether you feel different afterwards!