

# Exit Travel Arrive

Creating a routine for arriving home and leaving your day at work

## Exit

When **exiting** work, take a moment to visualise yourself leaving work, telling your brain that work is over.

**Visualise** physically opening a drawer and placing your day and all your worries in and then closing the drawer.

## Travel

Whether you drive, walk, or cycle home from work, spend this time noticing that you are **leaving** work, and travelling **away**, and moving **forward** towards home.

## Arrive

When you arrive home, it might be difficult to switch into being present and engaging with people or an activity. You may need some time to **ground** yourself into being in the home and **amongst** others.

**Grounding** involves getting your body and mind to notice that you are physically at home and there are no longer the same stresses around you.

Consistently repeat this routine everyday

**Project5**