

## Topic: Self-care for Navigators

### Transition Rituals

It is really, really important for all of us to develop our own trusted 'leaving work at work rituals'-practices that give cues to our body and mind that work is over and it's time to play and relax. Think about the following questions: Is there anything that you do that helps you to leave work at work? Do you have any ritual that you follow at the end of your workday?

Some of the rituals include:

- Watering plants at work before going home
- Studying foreign language on the way home
- Singing with favorite band on the way home
- Taking 15-60 min to yourself before engaging with family
- Taking a shower right after work and imagining that work stress goes right down the drain
- Taking all work clothes off as a symbol of taking off all of your stresses
- Playing with pets for a while when arriving home
- Gardening right after work
- Burning sage at home after work to purify your spirit
- For the next week, experiment with a specific ritual, reflecting on how it affects you.