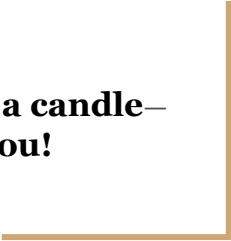




# Welcome!

**We'll begin shortly.**

**Please settle in.  
Relax, get some water, light a candle—  
whatever works for you!**



# Wind-Down Wednesdays

- ❖ Why we're here
  - Self-care is necessary for our health, especially amidst uncertainty.
- ❖ Monthly series; different topics each month!
  - Intentionality regarding self-care can be a game changer
- ❖ **Today's Session:** Offering tips on shifting from work mode to home mode at the end of the work day.

# Grounding Exercise

To breathe & become present



---

# A Difficult Time



- ❖ Last year brought unique challenges to the workplace, including more (or solely) work-from-home time
- ❖ Might be more difficult to set boundaries around work/life balance
  - This makes it even more necessary!
- ❖ Tools and tips to help you shift your mindset once your work day is over
  - **Note:** *These won't look the same for everyone; use what you can!*

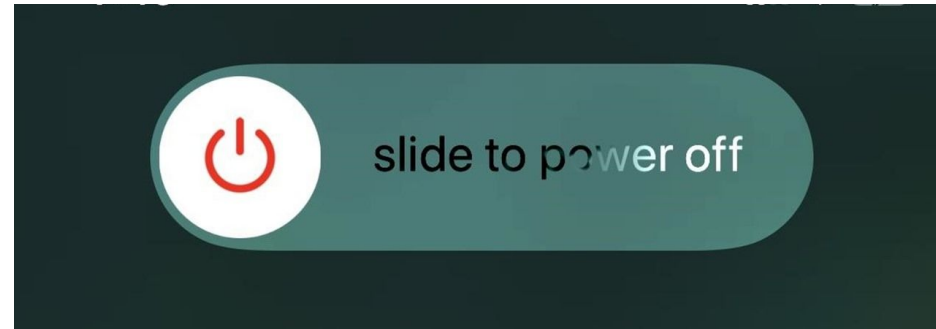
# Establish Work Hours

- ❖ No boundaries around our time = No separation between work and home
- ❖ When will you start & stop? Stick to it!
  - Set an alarm



# Power Down for the Day

- ❖ Tidy up your space
  - Cluttered space = cluttered mind
- ❖ Set out-of-office reply, if needed (especially on weekends)
- ❖ Brain Dump
- ❖ Do breathing exercises/other mindfulness practices



# Switch Up the Vibe



- ❖ Go outside
  - (Yay, Vitamin D!)
- ❖ Switch rooms
  - Establish a sacred space where no work happens and go there
- ❖ Change clothes

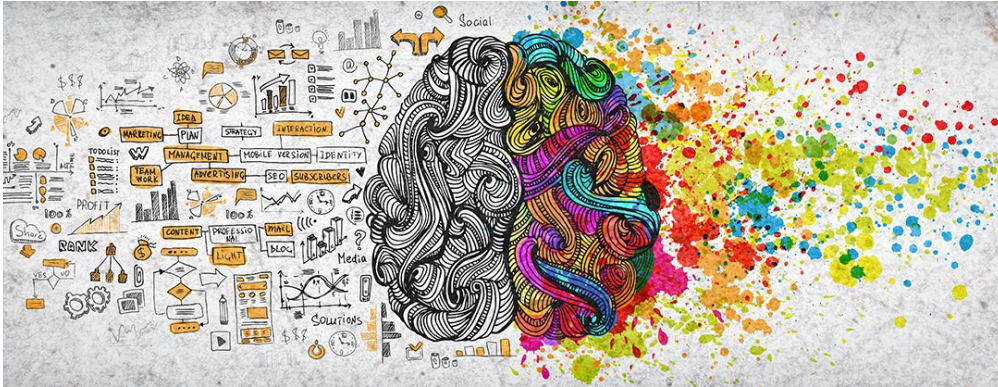
# Limited space? No Problem!

- ❖ Change your surroundings
- ❖ Appeal to the five senses:
  - Music
  - Lights
    - Open/close window(s)
    - Mood lighting
  - Stretch/Change seat position
  - Light a candle/set up an oil diffuser
  - Grab a snack





# Incorporate Creativity/Play



- ❖ Instruments
- ❖ Visual Arts
  - Drawing, Painting, etc.
- ❖ Dancing
- ❖ Reading/Writing
- ❖ Gaming

# Questions/Reflections?

