



prepare for re-entry

Many of us are so engrossed in our work days that they feel like a blur. By the time we arrive home we feel fatigued, stressed, or wound up.

If we don't have some type of transition before we enter our home life, we are essentially transferring the work energy and swirl to that part of our lives. And, of course, to our families, friends and pets.

Imagine if you could hit the refresh button before you cross the home threshold.



Stress is nothing more than a socially acceptable form of mental illness.

Richard Carlson

try this

Find some area outside of your home to be your private decompression tank. Before you cross the threshold into your home, take 5 vital minutes to intentionally let all the work drama or stress recede into the background.

Turn off your phone. Listen to music. Take 10 deep breaths.

This could be the best investment of your day, helping to protect the sanity, sanctity and stability of your home life.