

Before you enter the next room.

I know what it is like to juggle many different roles and wear many different hats.

You may move from home to work, work to home, one meeting to another responsibility, or simply from the demands of the outside world back into your own space. Even if you do not have children, you may be carrying a team, a parent, a partner, a household, or a long list of responsibilities that depend on you.

The problem is that we often change rooms without changing states. We carry the pressure, pace, unfinished conversations and mental load from one role into the next. Our body arrives, but our mind is still somewhere else. We become disconnected and depleted - and sometimes we react or snap more quickly at people who did not create the pressure we are carrying.

**This is not because you do not care or lack self-control.
Often, your nervous system simply has not been given a moment to reset.**

The 5-Minute Work-to-Home Reset is a short transition ritual to help you pause, release what belongs to the previous role, choose what matters next and enter intentionally.

Use it in the car before moving from home to work, from work to home, or before entering your own space after being outside. The goal is not to feel perfectly calm. It is to put you back in charge of how you enter - instead of letting an already-loaded nervous system decide for you.

THE 5-MINUTE WORK-TO-HOME RESET

A short transition ritual for the moments when your body has left work, but your mind is still carrying the day.

Your energy enters the next room before your words do.

Use this before you walk into your home - or before you enter any new role.

1 PAUSE

Hands on the wheel. Take one slow breath before you move.

2 RELEASE THE BODY

Drop your shoulders. Unclench your jaw. Let the previous room end.

3 NAME THE STATE

Say: 'I feel _____. ' Not: 'I am _____. ' A state is real - and temporary.

4 CHOOSE WHAT COMES WITH YOU

What can wait until tomorrow? What do you want to leave here instead of carrying inside?

5 CHOOSE YOUR ENTRY INTENTION

Ask: 'How do I want to enter?' Choose one word: calm / clear / warm / present / playful / other:

YOUR THIRD OPTION MOMENT

What matters in the next two hours?

Then walk in. Not perfectly. Intentionally.

The goal is not to be calm all the time. It is to stop entering the next moment already lost.