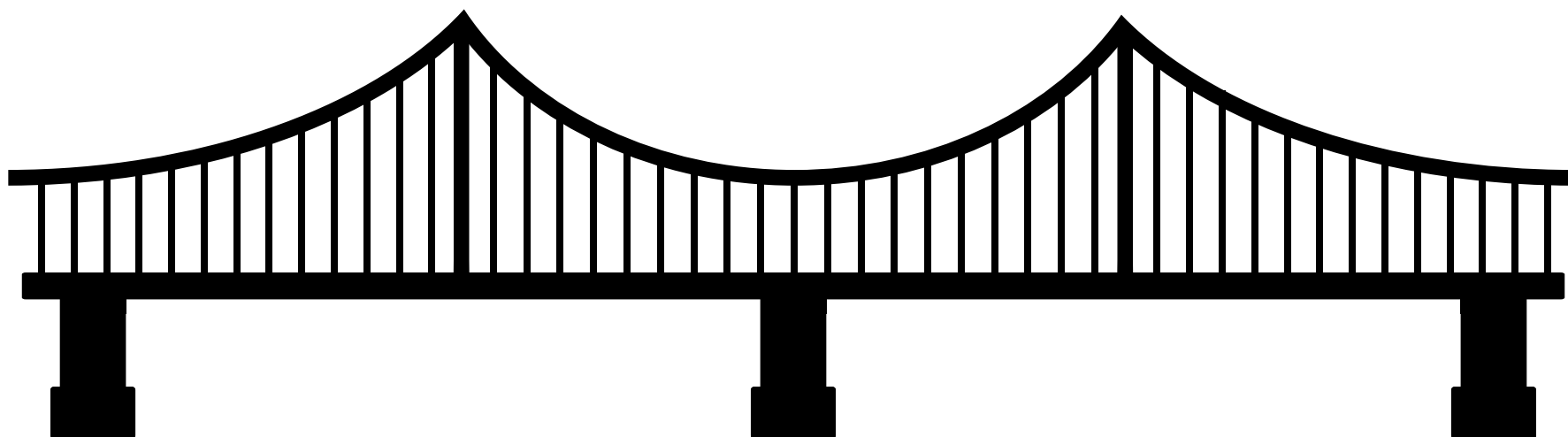


Taking the bridge

CREATING UNWINDING RITUALS

To improve the **transition** between work and personal life, crossing a symbolic bridge with the help of a few rituals can help you unwind. Think about which rituals you already have or would like to start with at the end of the workday, during your commute, and upon arriving home. Write them down in the provided space.



THE END-OF-DAY RITUAL

A ritual that helps you end your working day, such as closing or storing your laptop, or reviewing your priorities and agenda for the next day.

THE COMMUTE RITUAL

Refers to the commute from home to work and vice versa with for example your car or bike. Working from home? Go for a walk around the block.

THE HOME RITUAL

A ritual you put in place when you arrive home, such as changing clothes, petting the dog or playing your favorite music.
