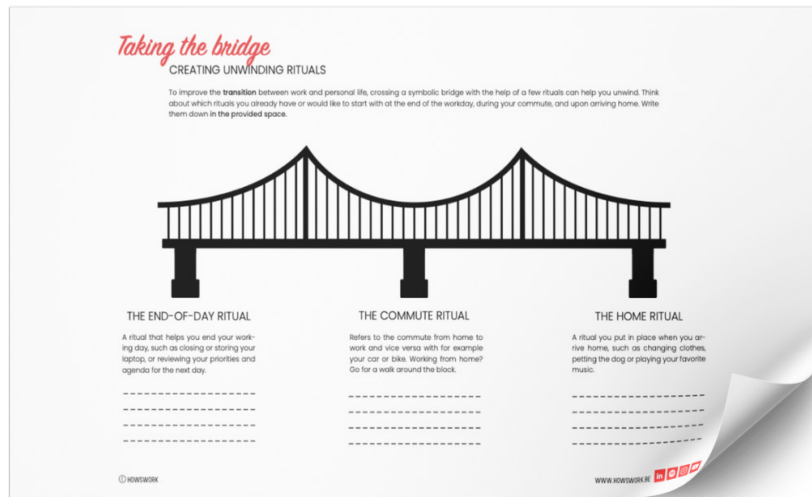


THE BRIDGE



PREPARATION

Download the ‘**Taking the bridge**’ exercise and show it during a team meeting or one-on-one conversation. Show the explainer video to the team/colleague to frame the exercise.

MATERIAL

- ‘Taking the bridge’ exercise
- Pens

OBJECTIVES

- Understanding that an unwinding ritual can help you disconnect better after a workday.
- Deciding on which rituals you will put in place to help you make the transition from work to personal time.

FORMAT

PHYSICAL: When doing this exercise physically, we recommend you to print the pdf for everybody.

ONLINE: The exercise is an **interactive PDF** that you can take notes in during a digital meeting.

EXPLANATION

We often keep thinking about work because we don't have a clear ending of our workday and a beginning of our personal time. With this exercise, I would like to reflect with you on how we can **better disconnect** after a workday by creating **a set of rituals** for yourself that help you transition from your work to personal time.

INSTRUCTIONS

STEP 1 | Give the team members a few minutes to **individually** read the exercise and the examples underneath the three unwinding rituals.

STEP 2 | Ask the team members to **individually** write down the end-of-day, commute and home rituals they already have today or would like to experiment with as of today.

STEP 3 | Ask the team members to share **in group** their rituals with each other. In doing so, give enough space for others to pick up on each other.

STEP 4 | Use a next meeting to reflect back on the rituals that were mentioned. Questions such as: “What did you notice?” and “What went well?” are valuable here. In this way, make a recurring conversation of how team members disconnect after the work day.