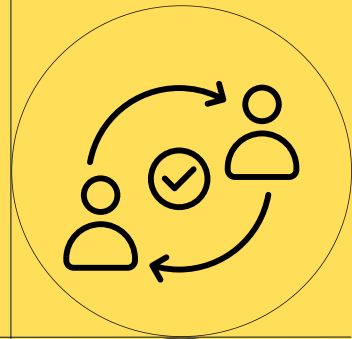


Work-2-Home Reset



Transitioning Made Easy...

Top 8 Ways To Transition From School To Home

<i>Change Your Environment</i>	Swap your work clothes for something comfy to signal the shift from ‘teacher’ to ‘you’.
<i>Mindful Commute</i>	Use the journey home to decompress. Try a podcast, silence, or a music playlist that lifts your mood.
<i>Phone Boundary</i>	Avoid checking emails once you leave. Set a time you’ll stop thinking about work
<i>After School Ritual</i>	Create a mini routine: make a cup of tea, take a 10-min walk, or light a candle when you get home.
<i>Body Reset</i>	Stretch, shake out tension, or do a short breathing exercise to release the workday physically.
<i>Transition Phase</i>	Say to yourself, “Work is done. Home is now.” Acknowledge the shift out loud or in your mind.
<i>One Win Journal</i>	Write down one positive from the day. It helps draw a line under it and boosts your mindset.
<i>Leave The Bag Closed!</i>	If work must come home, leave it until after dinner or set a 30-min limit to look at it.

Transitioning from work to home helps you protect your energy and maintain a healthy work-life balance. Without a clear boundary, stress from the classroom can spill into personal time, leading to burnout. These tips support emotional recovery, encourage positive habits, and create space to enjoy life outside of teaching. Prioritising this reset allows you to show up refreshed—for both yourself and your students.

