

Letting go of the workday

Thoughts from colleagues

We asked staff from Jack James High School how they leave work at work. Perhaps some of these are new to you. Want to try some?

<ul style="list-style-type: none">○ Crank the tunes on the way home○ Go for a walk once I arrive home○ Meet up with friends for refreshments or a meal○ Read a poem○ Read a book when I walk in the door○ Bake and/or cook○ Leave the work day at work○ Notice three beautiful things on the way home○ Check my emails one last time before I enter the house○ Go for jog before leaving work○ Organize papers so things are ready for the next day○ Place pile of marking on my desk○ Greet partner and/or your cat/dog with a kiss and pat respectively	<ul style="list-style-type: none">○ Meditate in comfortable room for 15 minutes○ Change out of work clothes○ Play a video game for 10-15 minutes○ Make checklists and to-do lists○ Try to leave with a mindset of - I did the best I could with the students in front of me and the resources I had available○ Listen to a podcast○ Have a snack○ Work on a craft/art project○ Clean the house○ Spend time in the yard
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New habits take time to feel comfortable so if it feels awkward at first, don't give up!