



# Transition Reset Plan

A short guide for mentally shifting between work, home, and the next environment.



# Why Transitions Matter

The shift ends – but the body and mind don't always get the memo. Stress, adrenaline, and unprocessed moments don't vanish at the exit door. They follow you into the car, into the house, into the next conversation.

This guide gives you a short, repeatable reset between environments – not therapy, not a debrief. Just a practical tool to help you close one chapter before you open the next.



# Name What You're Leaving Behind

Before you can reset, you need to acknowledge what's still with you. Take 60 seconds and answer these honestly.

## What part of the shift is still with you?

An incident, a call, a feeling, a conversation – whatever has not fully settled yet.

## What do you not want to carry into the next place?

Name it specifically. Frustration, tension, the image from that last call. Naming it gives you a choice about it.

## What can be set down for now?

Not forever – just for now. You can pick it back up if you need to. But give yourself permission to put it down.



## Downshift Your System

Your nervous system responds to how you breathe. A longer exhale signals safety and slows the stress response. This takes under 90 seconds.

01

### Inhale slowly through the nose

4 counts. Let the breath fill the lower chest first.

02

### Exhale longer than you inhale

6–7 counts out through the mouth. Slow and controlled.

03

### Repeat for 60 seconds

5–6 cycles. Eyes closed if safe to do so.

# Choose How You Want to Walk In

You have more control over how you re-enter than it might feel like in the moment. These prompts help you shift from reactive to intentional.

**What does the next environment need from you?**

Home, a family dinner, a partner who hasn't seen you all day – what does that space actually need right now?

**What version of you do you want to bring in?**

Calm. Present. Patient. You get to decide before you open the door – not after.

**What is one thing you can do differently in the first 10 minutes?**

Put the phone down. Make eye contact. Ask a question and actually listen. Small acts shift the whole tone.

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## Make a Simple Transition Plan

Write this out – even in your head. Repeating the same structure builds a habit your nervous system learns to follow.

**i** Consistency is what makes this work. Same steps, same order, every time.

**Before I leave work, I will:**

e.g. Sit in the car for two minutes before driving.

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**Before I walk inside, I will:**

e.g. Do the breathing reset in the driveway.

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**When I get home, I will:**

e.g. Change clothes first, then reconnect with family.

"You don't have to  
carry the whole shift  
into the next part of  
your life."

Reset first. Then  
re-enter.

This plan is repeatable. Use it every transition, every shift, every  
time you need to move from one version of your day to the  
next.

