

The First Hour After Work

Looks closely at the hour between clocking off and settling in, and what it is really for.

WHEN TO USE THIS

Use this on an evening when the day has drained you and you are heading home.

Walk through what usually happens between leaving work and an hour later.

What are you really after in that hour?

To stop being at work. Quiet. To stop thinking. To feel like yourself.

What else might take the edge off that hour? Tick any worth a try.

- ☐ Eat something before anything else
- ☐ Shower or change clothes
- ☐ Walk, even ten minutes
- ☐ Call someone on the way home
- ☐ Sit in the car for five quiet minutes
- ☐ Get one chore out of the way
- ☐ Lie down with a timer set
- ☐ Something else

Pick one. Which day this week are you trying it?

That hour has a job to do. It is worth finding more than one way to do it.