

TRANSITIONS

THE TRANSITION TIME-OUT

EXERCISE 25

Think of this as a mental pit-stop. It isn't lost time; it's the fuel that keeps you going between the big blocks of your day, preventing the "exhaustion bleed" from one task to the next.

STEP 1: PICK YOUR DRAIN

WHICH DAILY CROSSOVER EXHAUSTS YOU? (e.g. work → home, desk → dinner)

MY TRANSITION: _____

STEP 2: PLAN YOUR 5-10 MINUTE BUFFER

SELECT ONE OR TWO ACTIVITIES THAT LOWER YOUR COGNITIVE LOAD:

Walk around the block

Use weighted blanket

Watch birds / Breathe

Change clothing / lights

Sensory stim / Fidget

Other: _____

STEP 3: ADD A CUE



PHONE ALARM



CALENDAR ALERT



PHYSICAL NOTE



THE IMPACT CHECK-IN

STEP 4: CHECK-IN AFTER

ENERGY LEVEL

HIGHER ↑

SAME →

LOWER ↓

FOCUS LEVEL

HIGHER ↑

SAME →

LOWER ↓

STEP 5: ADJUST FOR TOMORROW

WOULD YOU LENGTHEN, SHORTEN, OR CHANGE THE ACTIVITY?

IF YOU SKIPPED IT, WHY?

Felt like I had "too much to do"

Got interrupted by others

Simply forgot to start the cue

Felt guilty about resting

"Protect the transition to protect your evening."