## **Home-Morning Routine**

- Pack the necessities: Lunch, drinks, etc.
  - Have a morning routine

(Morning walk, yoga, facial routine)



## **Commute to Work**

- Check in with yourself on the drive into work
  - Prepare yourself mentally and physically for work



#### Arrive At work

Daily Reflections/Goals:

- How are you feeling today?
- What do your body and mind need?
- What are your goals personally and professionally?
- How do you create a healthy work space when you arrive?



Take time to step away from work to eat

- What do you need during this 30 minute break?
- Short walk, meditation, time outside



### Break 1

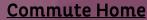
- What do you need physically or mentally from this break?
  - Examples -
  - Connect with creativity
  - Connect with Nature
  - Connect with self and emotions

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- What do you need physically or mentally from this break?
  - Examples -
  - Connect with others
  - Connect with senses
  - Connect with your body

breathe.



- Reflect on the day
- How do you prepare yourself mentally and physically for home?



# Home—Evening Routine

- How do you take care of yourself after a day of work?
  - Do you prepare for the next day? (Pack lunch, prep clothes?)
  - Have a routine for decompressing before bed







Workday

Roadmap

