

## Foyer

Identify your foyer/mudroom – A “place where you leave stuff at the door. A marker or practice that helps you move from your professional to your personal life. Create this transitional space.

Micro-practices:

Tune in to yourself daily with your senses – be present/pause

- Can you name your emotion? This helps you to regulate and come back to a sense of calm & ease
- Practice diaphragmatic breathing deep inhale through nose and out through mouth, activates your parasympathetic nervous system leads to calming

THESE are your foyer. Pauses before transitioning, arrive calm & present

## Presilience

Deposits into your PRESILIENCE!

Rhythm: a strong, regular, repeated pattern of movement

A Self-Care Rhythm = practices that follow cadence

|            |  |
|------------|--|
| Daily      |  |
| Weekly     |  |
| Seasonally |  |
| Annually   |  |

## Today

- Just for TODAY! – intention setting, if you’re disappointed, it was only for today!