



# Creating an end of work day ritual

Remember the beginning of the Flintstone cartoons? The quitting time bird would signal the end of the shift. Fred would slide down the dinosaur with a smile on his face to go home.

The quitting time bird was the ritualized end to a day of work for Fred.

Different ways to end the work day

- Close the office door
- Leave the building where you work
- Start the engine of your car in the parking lot

If you work from home

- Have a set time for when work stops
- Stop for a moment and have some deep cleansing breaths

## How do you ritualize the end of your work day?



Transition from work to home after your ritual:

- End with positive self talk
  - Make a mental or an actual list of what went well for the day
  - Recognize your impact with the clients and other people you have interacted with

## How does setting a ritual at the end of your work day benefit you?

