

After Work Reset

→ Release → Reflect → Relax. → Reset

10-minute post-work downshift routine for nervous system reset between work + home.

Leave work stress behind to enjoy your Feierabend (after work).

Activation Release (0-2 Min)

Stand, feet shoulder-width apart.

- **Vigorous shaking (90 sec):** Shake arms, legs, torso like flinging off water. Make sounds, sighs, groans, anything. Discharge the day.
- **Three completion breaths (30 sec):** Inhale 4 counts, exhale 6-8 counts. Let shoulders drop.

Why: Shaking discharges stored stress; extended exhales activate your vagus nerve.

Somatic Reflection (5-8 Min)

Sit or stand, eyes closed.

Body scan: "Where am I holding work?"

- **Move attention:** forehead → jaw → throat → chest → belly → hips.
- **Name sensations,** simple words: tight / warm / heavy / buzzing / open / numb (no story).
- **Notice:** "What's the loudest sensation right now? What message does it have for me?"

Movement Sequence (2-5 Min)

Strong, though relaxed:

1. **Shoulder shrugs:** move shoulders fast & heavy (1 Min)
2. **Torso twists:** side-to-side, arms swinging, heel lift (15x)
3. **Neck rolls:** chin to chest, let neck hang heavy (8x)
4. **Forward fold with sway:** knees bent optional shoulder shake (1 Min)
5. **Spinal waves:** Roll up slowly, then more powerful (5x) Optional: squat to release lower back (1 Min)

Notice where movement feels sticky or where you naturally sigh.

Closing (8-10 Min)

- **Grounding:** Feel your hands on belly, the floor beneath you.
- **Orient:** Open eyes. Look around without moving your head. Name 5 things you see.
- **Micro-commit:** Pick one small pleasure to do next (water, change clothes, music).
- **Completion:** Hands over heart. One breath. Thank yourself.



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Additionally, here are some journal prompts, too let got of your emotional work load on paper. Works best when you write it down on paper and then throw away the page.

The brain & body unload

- *What am I still carrying from today (unfinished, unsaid, unresolved)? What is the smallest "closure sentence" I can write for each item?*

Example: "This is paused until ____." / "I did enough with what I had."

- *What did I actually accomplish today, even if it doesn't feel like enough?*
- *What emotion is loudest right now (one word)? What message is it having for me (protection, pointer, ...)?*
- *If my body could speak about today, what would it say?*

The release + boundary

- *What belongs to work and stays at work? (List 3 things.)*
- *What belongs to me and comes home with me? (List 3 things.)*

Example: "This is [person's name]'s to carry, not mine. I'm leaving it."

"XXX belongs to my work. I'm leaving it there."

"This is part of me and I'm taking it home."

- *What is one small pleasure I can give myself before going home?*
- Finish with: "Tonight, I choose ____ over ____."

Example: (peace over performance / rest over rumination / presence over problem-solving)

