

Sometimes, when we feel like we should be switched off and relaxed, we can feel stressed and anxious about the very fact that we are not feeling relaxed or 'switched off'.

It is important to allow our minds to transition from the pace and mental load of school to the relaxation and slower pace of the weekend or holiday.

The way we deal with this transition is unique to each of us but it may include:

- using strategies to switch off;
- using strategies to keep your mind busy with other thoughts;
- completing some work tasks but in a more relaxed mode or at a more relaxed pace;
- mapping out when you will complete work tasks, so you can let go of the mental load of trying to remember these. Completing some work might actually be beneficial in helping you to completely switch off and relax.

# Switching off from Work



This leaflet contains ideas for ways to refocus your mind after work in order to achieve a feeling of relaxation and establish a work-life balance.

## Strategies to Switch Off and Relax

### Exercising

Exercise is known to relieve stress, boost your mood and help you sleep better. This will assist you in switching off and relaxing.

### Breathing Techniques

Breathing techniques slow down your heart rate and relax your muscles to help you switch off and relax.

### Offloading

By sharing your experiences (good and bad) with other people, you can offload these thoughts - this means they no longer have to be carried by your mind. This allows you to switch off and relax.

### Mindfulness

Mindfulness activities allow you to pay attention to the present moment and accept your own thoughts and feelings. This helps you to recognise your needs and look after yourself better.

### Yoga

Yoga is linked to lower levels of stress, depression and anxiety. It increases feelings of wellbeing and happiness.

## Strategies to Refocus Your Mind

### Physical Activities

By being physically active, you release a stream of feel-good chemicals. Sometimes, you may find yourself thinking about work or work tasks but by these occurring during physical activity, they will come at a different pace and from a new perspective.

### Building Bricks and Jigsaws

By being tactile and following simple but focused instructions, you can enhance your sense of wellbeing - your minds will be focused on the present, giving it a break from thoughts about work.

### Art and Music

When you are music-making or creating a piece of art, your mind needs to focus on the art form you are creating. This focus can free your mind and allow you to let go of work-related thoughts and stress.



### Competitive Activities

When you are taking part in a competitive activity, your sole focus will be on the competition. This drive will ensure your mind is fully focused. It might involve playing football, netball, a game of scrabble or doing a crossword by yourself.

