

Good morning and happy Monday team!

I hope you all had a great weekend and are ready for another fast-paced week. Many of us work at a fast pace and must quickly transition from one task to another.

Moving from one task, event, or mindset to another can be tough, and yet, as educators, we are tasked with this challenge all day, every day. "Every day, people lose tremendous amounts of focus, will, and emotional energy by managing transitions poorly (Buchard, 2017).

Consider your typical transitions

Write down what your typical daily and weekly transitions are. Going to work and coming home will likely show up on your list. What about transitions while at work? Students moving from class to class. Employees moving from meeting to meeting. We not only have to manage transitions for ourselves, but for our students too.

Extend response to transition

Sometimes a simple awareness of cause and effect can help you reduce stress from a transition, and **sometimes you need to add meaningful steps to your routine to calm yourself.** As you finish one major activity and start another, consider these steps:

- Close your eyes for one or two minutes
- Repeat the word release in your own mind over and over. As you do this, command your body to let go by relaxing your shoulders, neck, face, and jaw.
- Set an intention: How do you want to feel? What do you want to accomplish in the next activity?
- Ask yourself what energy you want to take into the next activity.

"Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won't work."

- William Bridges

Peace,

Maggie