

Journaling tips

Create a space that allows you to calm-down or decompress when transitioning between meetings or work to home.

How does this space make you feel?

What helps calm or decompress me? _____

Where would be a good location for this space? _____

How does this space make me feel? _____

Pro tip

Headspace offers tools on building the perfect 'calm-down' space. Headspace also provides tips on creating a mindful workspace.