TRANSITIONS

Activity to Activity | Navigating the Spaces Between Life's Experiences

Tracy Henderson
Counseling

THE STARTING POINT | THE SPACE BETWEEN ACTIVITIES MATTERS

As adults, we often get swept up in the pace and pressure of "adulting."

We move from one responsibility to another. Work to home. One conversation to the next. Being alone to being with others. Structure to unstructured time. Activity to rest.

Sometimes these transitions happen so quickly that we don't recognize how much we're asking of ourselves.

And transitions aren't limited to our daily routines.

Changes in relationships, careers, health, family responsibilities, environments, and identity can also require us to adjust how we think, feel, respond, and function.

Even positive transitions can create strain because they change what's familiar or expected.

The challenge isn't always the activity itself. Sometimes it's the movement between activities, roles, expectations, and experiences.

When transitions happen without much opportunity to adjust, we may experience emotional fatigue, frustration, difficulty concentrating, physical tension, or reactions that feel bigger than the immediate situation.

The opportunity is to recognize these moments and develop practical ways to navigate them.

We don't need to make every transition seamless.

We can learn to recognize what we're experiencing, what we need, and how we want to show up in whatever comes next.

UNDERSTAND TRANSITIONS

Recognizing the Shifts We Navigate Throughout Life

Transitions occur in different forms and at different scales. Some happen in seconds. Others unfold over days, months, or years. Recognizing these shifts helps us understand why seemingly ordinary activities can require more effort than we anticipate.

WHAT TO EXPLORE

Micro-Shifts | Moment-to-Moment Changes

Small transitions occur throughout the day.

Moving between tasks. Responding to an interruption. Shifting attention from a screen to a conversation. Changing from focused work to a household responsibility.

These shifts may seem insignificant individually, but their cumulative demands can contribute to fatigue and frustration.

Daily Transitions | Moving Between Roles & Activities

Our days involve changing environments, responsibilities, and expectations. We transition from sleep to wakefulness, home to work, work to family, social engagement to solitude, and activity to rest.

Each experience may require a different level of energy, attention, emotional availability, or engagement.

Life Transitions | Adjusting to Larger Changes

Significant transitions can involve:

- **Developmental:** Adolescence, adulthood, midlife, retirement, or changing life priorities.
- **Relationships:** Marriage, separation, divorce, parenting, children leaving home, or changing relationship roles.
- **Career & Responsibilities:** New employment, promotion, career change, education, or caregiving.
- **Health:** Injury, illness, recovery, changing capabilities, or supporting a loved one.
- **Family Systems:** Blended families, shifting responsibilities, changing family relationships, or loss.
- **Environment:** Moving, relocation, immigration, cultural adjustment, or changes in living circumstances.
- **Psychological:** Changes in identity, beliefs, values, expectations, or understanding ourselves.

These transitions often involve more than adjusting our schedules.

We may also need to reconsider expectations, develop capabilities, establish routines, and adapt our understanding of ourselves and others.

Different Transitions Require Different Responses

Some transitions benefit from a brief pause or simple routine. Others require time, communication, support, and ongoing adjustment. The goal isn't to use the same strategy for every situation.

It's to recognize what the transition is asking of us.

QUESTIONS TO CONSIDER

- Which transitions occur most frequently in my day?
- Which shifts feel relatively easy, and which require more effort?
- What roles or expectations am I moving between?
- What larger life transitions am I currently navigating?

THE OPPORTUNITY: Recognize transitions as meaningful experiences that may require attention, resources, and adjustment.

RECOGNIZE LEAKAGE

What Follows Us from One Experience Into Another

We don't always leave an experience behind simply because the activity has ended. Sometimes our emotional, physical, or mental state continues influencing us after we've moved into something different.

This is **leakage** when elements of one experience spill into how we show up in another.

WHAT TO EXPLORE

Emotional Leakage | What We're Feeling

Frustration from a meeting may influence how we respond to our partner. Anxiety about an upcoming responsibility may make us less patient with others. Excitement from a positive experience may increase our energy and engagement.

Emotions don't necessarily change just because our circumstances do.

Somatic Leakage | What Our Bodies Are Experiencing

Physical tension, fatigue, hunger, overstimulation, or elevated energy can follow us between activities. We might leave a demanding environment while continuing to feel physically activated or depleted.

Sometimes our bodies need time to adjust to the change.

Cognitive Leakage | What We're Still Thinking About

Unfinished responsibilities, lingering conversations, anticipated problems, or competing priorities can continue occupying our attention.

We may be physically present in one activity while mentally engaged in another.

Behavioral Leakage | How We're Responding

The pace, tone, and habits associated with one environment can influence our behavior in another.

For example, someone who spends the day making rapid decisions and managing problems may continue using that same approach during a relaxed conversation at home.

What worked in one setting may not fit the next.

Leakage Isn't Always Negative

Confidence, enthusiasm, appreciation, and connection can also influence subsequent experiences. The objective isn't to prevent every form of leakage.

It's to recognize what we're bringing forward and whether it supports how we want to engage.

Recognizing Leakage After It Happens

Sometimes we notice leakage before entering the next activity. Other times we recognize it halfway through a conversation or afterward. Both create opportunities for learning, adjustment, and repair.

QUESTIONS TO CONSIDER

- What emotions, thoughts, or physical sensations tend to follow me between activities?
- Where does leakage influence how I communicate or respond to others?
- What patterns help me recognize when something from an earlier experience is affecting me?
- How might I respond differently when I notice leakage?

THE OPPORTUNITY: Develop awareness of how previous experiences influence our present responses, creating more opportunities for intentional adjustment.

DEVELOP TRANSITION SKILLS

Emotional, Somatic, Cognitive & Behavioral Strategies

We can navigate transitions through several different pathways. Sometimes we need to recognize an emotion. Sometimes our bodies need movement or rest. Sometimes we need to organize our thoughts, create closure, or establish a predictable routine.

These strategies can work independently or together.

WHAT TO EXPLORE

EMOTIONAL | Recognize & Respond

Emotional strategies help us understand what we're feeling and what those feelings may be communicating.

Consider experimenting with:

- Naming your emotional state: "I'm frustrated," "I'm overwhelmed," or "I'm excited."
- Identifying what contributed to the emotion.
- Recognizing whether an emotion belongs primarily to the previous experience.
- Asking yourself, "What do I need right now?"
- Practicing compassionate self-talk rather than criticizing your reaction.
- Acknowledging an unresolved emotion without requiring yourself to eliminate it.
- Communicating your emotional state to someone when appropriate.

Example: "That meeting was frustrating. I'm still feeling irritated, and I don't want that frustration to shape my next conversation."

SOMATIC | Work With the Body

Somatic strategies involve noticing and responding to physical sensations, tension, energy, and stimulation.

Consider experimenting with:

- Standing up and changing posture.
- Stretching your neck, shoulders, back, or legs.
- Taking a brief walk.
- Unclenching your jaw or relaxing your hands.
- Drinking water or addressing hunger.
- Changing environments or stepping outdoors.
- Reducing noise, light, or other stimulation.
- Taking a few comfortable, intentional breaths.
- Resting when your capacity is limited.

Example: After sitting through several meetings, stand up, stretch, and walk briefly before beginning another task.

COGNITIVE | Redirect & Reorient

Cognitive strategies help us manage lingering thoughts, expectations, and competing demands.

Consider experimenting with:

- Writing down unfinished tasks or thoughts.
- Identifying the next step before leaving an activity.
- Reminding yourself that something can remain unfinished without requiring immediate attention.
- Recognizing predictions or expectations about the next activity.
- Asking, "What matters most in this next experience?"
- Distinguishing what requires action now from what can wait.
- Giving yourself permission to shift attention without solving everything first.

Example: "I haven't finished that project, but I know where to begin tomorrow. Right now, I'm moving into family time."

BEHAVIORAL | Create Structure & Rituals

Behavioral strategies involve small actions that help distinguish one activity or role from another.

Consider experimenting with:

- Closing your laptop or putting away work materials.
- Changing clothes after work.

- Establishing an arrival or departure routine.
- Using a short transition timer.
- Taking a shower or washing your face.
- Going outside before beginning another responsibility.
- Creating a predictable sequence between activities.
- Communicating when you'll be available.
- Scheduling brief breaks between demanding tasks.

Example: Before leaving work, identify tomorrow's priorities, close your computer, and take a short walk before engaging with home responsibilities.

BREATHING | CREATING SPACE BETWEEN TRANSITIONS

Breathing exercises can be a simple way to practice creating a pause. They don't need to be lengthy or complicated.

1 | Three Mindful Breaths — Notice & Reorient

Take three natural, comfortable breaths.

- **First breath:** Notice what you're experiencing.
- **Second breath:** Recognize what you're carrying from the previous activity.
- **Third breath:** Consider how you want to enter the next experience.

This practice can be used before meetings, conversations, arriving home, or beginning a new task.

2 | Longer Exhale — Experiment with Slowing Down

- Breathe in gently for approximately 3–4 seconds.
- Exhale comfortably for approximately 5–6 seconds.
- Repeat for 3–5 breaths.

Adjust the timing to what feels natural. Avoid forcing deep breaths.

This practice may be useful when shifting from a demanding or stimulating activity toward something quieter.

If intentional breathing causes discomfort, dizziness, or increased distress, return to natural breathing or try another grounding strategy.

Build Micro-Reps

Rather than waiting until you're overwhelmed, practice a brief reset during familiar transitions.

A few seconds of awareness, repeated consistently, can help build a more recognizable habit of pausing and reorienting.

QUESTIONS TO CONSIDER

- Which emotional, somatic, cognitive, or behavioral strategies already help me?
- What signals suggest I need a transition strategy?
- Which approaches fit my needs and circumstances?
- What small practice could I repeat during a familiar daily transition?

THE OPPORTUNITY: Build a broader range of practical skills for navigating transitions rather than relying on one response for every situation.

BUILD YOUR TRANSITION TOOLKIT

Practical Strategies for Everyday Life

Transitions occur throughout the day, often without much time to prepare. The following examples aren't requirements or a checklist to complete. They're possibilities to experiment with.

Some may fit your needs immediately. Others may need adjustment or may not be useful for you.

The objective is to identify a few strategies that work for your life and practice using them when appropriate.

WAKING UP → STARTING THE DAY

Moving from sleep into responsibilities can require time for our bodies and attention to adjust.

Ideas to try:

- Stretch gently before getting out of bed.
- Notice your energy, mood, and physical state.
- Drink water before beginning your usual routine.
- Open the curtains or spend a few minutes outdoors.
- Delay checking messages or notifications.
- Identify one meaningful priority for the morning.
- Create a predictable sequence for starting the day.
- Allow a few minutes of quiet before engaging with others.

HOME → WORK OR RESPONSIBILITIES

Entering a work or performance role often involves shifting attention, expectations, and energy.

Ideas to try:

- Take a brief walk before beginning.
- Organize your workspace.
- Review your schedule and identify priorities.

- Notice whether you're bringing stress from home into work.
- Use three mindful breaths before opening your laptop.
- Identify the first manageable task.
- Create an arrival ritual that signals the beginning of work.
- Communicate any immediate needs or limitations.

TASK → TASK

Switching between responsibilities can create cognitive strain, particularly when the previous activity remains unfinished.

Ideas to try:

- Write down where you stopped.
- Identify the next step for when you return.
- Close unnecessary tabs or applications.
- Stand up, stretch, or change posture.
- Take a short walk or get water.
- Clear or reorganize your workspace.
- Use a brief transition timer.
- Name the next activity and its immediate priority.
- Allow a short pause before responding to interruptions.

OFFLINE → ONLINE

Technology can quickly shift our attention, stimulation, and emotional state.

Ideas to try:

- Identify your purpose before opening an application.
- Decide what requires attention and what can wait.
- Limit unnecessary notifications.
- Set an approximate stopping point.
- Notice whether you're using technology intentionally or automatically.
- Complete one digital task before opening another.
- Check your emotional state before entering social media or messages.

ONLINE → OFFLINE

Leaving digital engagement may require an intentional shift in attention.

Ideas to try:

- Close applications and put your device away.
- Look away from screens and notice your surroundings.

- Stand up and move.
- Stretch your hands, neck, or shoulders.
- Step outside for a few minutes.
- Transition into a physical or sensory activity.
- Allow a brief period without incoming information.
- Notice whether thoughts or emotions from online interactions are leaking into your next activity.

WORK → HOME | RE-ENTRY

Moving from work responsibilities into personal or family life can involve significant changes in pace, expectations, and emotional availability.

Ideas to try:

- Complete a brief workday shutdown routine.
- Identify unfinished responsibilities and when you'll revisit them.
- Listen to music or enjoy a period of quiet.
- Walk, stretch, or move before entering the home.
- Change clothes or take a shower.
- Notice any frustration, urgency, or fatigue from work.
- Practice three mindful breaths before reconnecting.
- Communicate if you need decompression time.
- Establish a predictable reconnection ritual with your partner or family.
- Give yourself permission to adjust your pace rather than immediately taking on another responsibility.

ALONE TIME → SOCIAL INTERACTION

Moving from solitude into engagement with others may require changes in energy, attention, and availability.

Ideas to try:

- Notice your current social energy.
- Identify what kind of engagement you're preparing for.
- Allow a few minutes to mentally prepare.
- Take a short walk or stretch.
- Consider what you want from the interaction.
- Communicate your capacity or needs.
- Begin with a lower-demand interaction when possible.
- Recognize that others may transition into social engagement at a different pace.

SOCIAL INTERACTION → ALONE TIME

After social engagement, we may need opportunities to process, recover, or simply experience quiet.

Ideas to try:

- Reduce stimulation.
- Spend a few minutes in a quiet environment.
- Reflect on the interaction without overanalyzing it.
- Take a walk or engage in gentle movement.
- Notice whether you're energized or depleted.
- Identify any unresolved emotions.
- Choose an activity that fits your current needs.
- Allow yourself to enjoy solitude without treating it as withdrawal.

STRUCTURED → UNSTRUCTURED TIME

Moving from a predictable schedule into open time can feel enjoyable, uncomfortable, or both.

Ideas to try:

- Recognize the urge to immediately fill open time.
- Identify optional activities without creating another demanding schedule.
- Practice allowing some time to remain unplanned.
- Engage in play, curiosity, or exploration.
- Notice whether rest creates discomfort or guilt.
- Choose an activity based on enjoyment rather than productivity.
- Create a loose structure if completely open time feels difficult.
- Allow flexibility to change plans.

ANTICIPATION → ACTIVE ENGAGEMENT

Beginning something unfamiliar, challenging, or important can involve uncertainty, hesitation, or heightened energy.

Ideas to try:

- Notice what you're predicting might happen.
- Distinguish anticipated discomfort from genuine risk.
- Identify the first manageable step.
- Use a brief grounding or breathing practice.
- Remind yourself what matters about the activity.
- Reduce unnecessary preparation or overplanning.
- Begin before requiring complete confidence.
- Give yourself permission to learn through experience.

HIGH ACTIVITY → DOWNREGULATION

Moving from stimulation, exertion, or emotional intensity into a quieter state may take time.

Ideas to try:

- Gradually slow your movement.
- Take a short, comfortable walk.
- Stretch or release physical tension.
- Hydrate or address physical needs.
- Reduce noise, light, or stimulation.
- Practice a few longer, comfortable exhales.
- Change environments.
- Allow a period without additional demands.
- Recognize that your body and mind may need different amounts of time to settle.

PHYSIOLOGICAL SHIFTS | HUNGER, FATIGUE & ENERGY

Changes in our physical state can influence how effectively we navigate other transitions.

Ideas to try:

- Check whether you're hungry, thirsty, tired, or overstimulated.
- Eat or hydrate before beginning another demanding activity.
- Take a brief rest when possible.
- Adjust expectations based on available energy.
- Communicate when your capacity is limited.
- Reconsider whether a responsibility needs immediate attention.
- Notice how physical needs influence patience, concentration, and emotional responses.

DAYTIME → EVENING

The transition into evening often involves moving away from work and responsibilities toward personal time, connection, or rest.

Ideas to try:

- Establish a stopping point for work.
- Change lighting or environment.
- Change clothes.
- Prepare a meal or engage in a familiar routine.
- Spend a few minutes outdoors.
- Identify what needs attention and what can wait.
- Reconnect with a partner, family member, or friend.

- Allow time for an enjoyable activity.
- Recognize when you're continuing to operate at the pace of the workday.

EVENING → BEDTIME

Closing the day may involve transitioning away from stimulation, unfinished responsibilities, and mental activity.

Ideas to try:

- Establish a consistent bedtime routine.
- Reduce unnecessary stimulation.
- Put away work materials.
- Write down unfinished thoughts or tomorrow's priorities.
- Practice gentle stretching.
- Adjust lighting and environmental comfort.
- Choose a quiet activity.
- Use a few natural, mindful breaths.
- Allow yourself to end the day without completing everything.

WEEKDAY → WEEKEND

Moving from structured responsibilities into personal time can involve different expectations among household members.

Ideas to try:

- Complete a brief workweek shutdown.
- Discuss weekend priorities and expectations.
- Identify essential responsibilities versus preferred activities.
- Make room for unstructured time.
- Plan opportunities for connection, enjoyment, or restoration.
- Recognize different needs for activity and rest.
- Avoid automatically filling every available hour.
- Allow flexibility as needs and circumstances change.

VACATION OR MAJOR EVENT → EVERYDAY ROUTINE

Returning from a meaningful or stimulating experience can require adjustment.

Ideas to try:

- Allow time for re-entry when possible.
- Prioritize essential responsibilities first.
- Avoid overscheduling the first day back.

- Recognize emotional shifts associated with returning.
- Reflect on what made the experience meaningful.
- Consider what you'd like to incorporate into everyday life.
- Communicate expectations around responsibilities and availability.
- Give yourself permission to adjust gradually.

LARGER LIFE TRANSITIONS | BUILDING A NEW NORMAL

Major changes may require more than brief daily resets.

They can involve shifting roles, identities, relationships, expectations, and routines.

Ideas to try:

- Identify what has changed and what remains familiar.
- Recognize both opportunities and losses associated with the transition.
- Clarify new responsibilities and expectations.
- Establish routines that provide predictability.
- Reconsider beliefs or standards that no longer fit.
- Communicate changing needs to others.
- Identify sources of support.
- Make room for uncertainty and adjustment.
- Experiment with new ways of functioning.
- Recognize progress without expecting immediate comfort or clarity.

QUESTIONS TO CONSIDER

- Which transitions in this toolkit are most relevant to my life?
- What strategies have I already tried, intentionally or unintentionally?
- Which two or three ideas would I like to experiment with?
- What would make these practices realistic and sustainable?

THE OPPORTUNITY: Develop a personalized toolkit of practical strategies that support different transitions, needs, and circumstances.

NAVIGATE TRANSITIONS WITH OTHERS

Different Needs, Different Cadences & Shared Expectations

Transitions don't occur in isolation. Our individual needs, pace, and expectations can influence how we interact with others. One person may want immediate connection after work.

Another may need quiet time before engaging.

Neither preference is inherently wrong. The challenge is understanding and navigating those differences.

WHAT TO EXPLORE

Recognize Different Transition Needs

People vary in how quickly they shift between activities, emotional states, and responsibilities. Some prefer immediate engagement. Others benefit from preparation, structure, or decompression.

Understanding these differences can reduce unnecessary misunderstandings.

Communicate What You Need

Rather than expecting others to recognize our internal experience, we can practice making our needs visible.

For example:

- "I'm still carrying some frustration from work. I need a few minutes before we talk."
- "I want to hear about your day. Can I take 15 minutes to decompress first?"
- "I'm having trouble switching gears. Let me finish this thought, and I'll be ready."
- "I need some quiet after being around people all day."
- "I know you need time to transition. Can we agree on when we'll reconnect?"

Differentiate Space from Disconnection

A request for time or space doesn't necessarily mean someone is rejecting connection. At the same time, indefinite disengagement can leave others uncertain or disconnected.

When appropriate, pair a transition request with a plan to return.

For example: *"I need 20 minutes to reset, and then I'd like us to spend some time together."*

Create Shared Transition Practices

Couples and families can establish routines that support everyone's needs.

Examples include:

- Agreeing on decompression time after work.
- Creating a brief daily reconnection ritual.
- Discussing expectations before weekends or holidays.
- Allowing preparation time before social activities.
- Recognizing when one person needs rest while another wants engagement.
- Establishing ways to pause and return to difficult conversations.
- Adjusting routines during demanding periods.

Recognize Leakage in Relationships

Sometimes an interaction becomes difficult because one or both people are bringing something from an earlier experience into the conversation.

Recognizing this doesn't excuse harmful behavior or eliminate accountability.

It creates an opportunity to understand what may be influencing the interaction and choose how to respond.

QUESTIONS TO CONSIDER

- How do my transition needs differ from those of people close to me?
- What expectations do I have about others' availability or pace?
- How clearly do I communicate what I need?
- What shared practices might help us navigate transitions with greater understanding?

THE OPPORTUNITY: Develop shared expectations and practices that respect individual needs while supporting connection and responsiveness.

PRACTICE & BUILD TRANSITION CAPABILITIES

Small Experiments, Meaningful Learning & Building Reps

Understanding transitions is useful. Practicing different responses helps us develop capabilities. We don't need to redesign our entire day or use every strategy in the toolkit. Start with one familiar transition.

Experiment with one small adjustment. Notice what happens.

WHAT TO EXPLORE

NOTICE | Identify the Transition

Choose a transition that regularly creates friction, fatigue, frustration, or disconnection.

- What are you moving from?
- What are you moving into?
- What changes in your role, expectations, attention, or energy?

REVIEW THE GAME TAPE | Understand the Pattern

Consider what typically happens.

- What are you experiencing emotionally, physically, and mentally?
- What tends to leak from the previous activity into the next?
- What helps or makes the transition more difficult?

PRACTICE | Try Something Different

Choose one manageable strategy.

For example:

- Take three mindful breaths before entering your home.
- Write down your stopping point before changing tasks.
- Stretch between meetings.
- Communicate your need for decompression time.
- Create a brief evening shutdown routine.
- Take a short walk before moving from focused work into social engagement.

The goal isn't to find a perfect solution. It's to create an opportunity to learn.

BUILD REPS | TEST & LEARN

Repeat the experiment across several transitions.

Then consider:

- What did I notice?
- What worked?
- What didn't fit my needs?
- Did I recognize leakage sooner?
- Did I feel more prepared or intentional?
- What might I repeat, modify, or try next?

Progress Doesn't Require Perfect Transitions

Some days we'll have more time, energy, and capacity than others. Sometimes a transition will still feel difficult. Sometimes we'll recognize leakage only after it has affected an interaction. These experiences can still provide useful information.

The objective is to build greater awareness, flexibility, and confidence through practice.

QUESTIONS TO CONSIDER

- Which transition would I like to work on first?
- What small strategy feels realistic to practice?
- What would meaningful progress look like?
- How can I recognize learning even when a transition remains difficult?

THE OPPORTUNITY: Develop greater flexibility and agency through repeated practice, reflection, and adjustment.

CONNECTING ME TO WE & US

How Transitions Influence Ourselves & Our Relationships

ME | UNDERSTANDING MY EXPERIENCES

- Which transitions require the most effort?
- What emotional, somatic, cognitive, or behavioral strategies help me?
- How can I recognize leakage and respond more intentionally?

WE | UNDERSTANDING OUR INTERACTIONS

- How do our transition needs and cadences differ?
- How does leakage influence our communication and responsiveness?
- How can we communicate what we need without expecting others to read our minds?

US | CULTIVATING OUR RELATIONSHIP

- What routines or agreements could support smoother transitions?
- How can we create room for decompression, connection, and re-engagement?
- What shared practices would help us navigate changes in roles, responsibilities, and expectations?

WHERE DO I BEGIN?

Choose one transition that occurs regularly in your life.

It might be moving between tasks, arriving home, preparing for a conversation, or ending the day.

Ask yourself:

1. **NOTICE:** What am I moving from, and what am I moving into?
2. **RECOGNIZE:** What am I experiencing, and what might be leaking into the next activity?
3. **IDENTIFY:** What do I need emotionally, physically, cognitively, or behaviorally?
4. **CHOOSE:** What small strategy might support this transition?
5. **PRACTICE:** Can I experiment with that strategy over the next several days?
6. **REVIEW:** What did I learn, and what might I adjust?

Start small.

A few intentional seconds between activities can provide an opportunity to recognize what we're experiencing and how we want to respond.

A FINAL THOUGHT

Life involves constant movement. Between activities. Between responsibilities. Between roles, relationships, and environments. And sometimes between entirely different chapters of our lives.

We don't always have control over when transitions happen or how much time we have to navigate them. We also don't always recognize what we're carrying from one experience into another.

But we can develop greater awareness of our patterns, understand what we need, and experiment with practical ways to respond.

Sometimes that means taking a breath. Sometimes it means moving our bodies, organizing our thoughts, communicating a need, or establishing a boundary.

Sometimes it means allowing ourselves more time to adjust.

The goal isn't to make every transition smooth or comfortable. It's to develop the awareness, flexibility, and capabilities to navigate them with greater intention.

We don't always control what we bring into a transition, but we can develop greater choice in how we respond to it.