

End of Workday Ritual

Think about the end of your workday. At school, the end of the day was pretty straightforward - a ringing bell clearly signaled it was time to go home. What signals the end of your workday now?

- A bell ringing Clocking out Workers arriving for the next shift
 The time on the clock Locking up Other _____

If there is no clear signal, how do you determine when your workday ends?

- When all of my tasks for the day are complete
 When I feel I've done "enough"
 When I run out of energy
 My workday doesn't really end - I stay available/check on things for the rest of the day
 Other _____

If you checked a "no clear signal" box above, how does that aspect of your work affect your experiences of burnout?

It's important to **disconnect** from work when the day is done, so your personal time is enjoyable and restorative. Creating a ritual that signals the end of the workday and the beginning of your personal time is a great way to do kickstart this process - especially if your job provides no clear signal.

Here's a list of ideas for a transition ritual to consider:

Tidy Space, Clear Mind

- Tidy your workspace
- Write down any to-dos for tomorrow
- Close your laptop or work-related browser windows
- Put work-related items away for the day

Make a Change

- Wash your face
- Wash your hands
- Change your clothes
- Take a shower
- Go outside for fresh air

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



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Move Your Body

- Go for a walk
- Stretch
- Exercise
- Dance
- Garden or do yardwork

Decompress

- Play with your kids or pet
- Listen to music or a podcast
- Work on a hobby
- Read for enjoyment
- Meditate for a few minutes

How do you feel at the end of the workday emotionally?

If you typically feel an unpleasant emotion at the end of the workday, you might also want to consider a transition ritual that helps you feel better.

If you often feel... disorganized or scatterbrained → write a list, organize, or tidy up
drained, numb, or stagnant → make a change to freshen up
angry, frustrated, or exasperated → burn those feelings off with exercise
anxious or overwhelmed → decompress with your loved ones or interests

Could any of these ideas help you brush off the workday? If not, what's a daily ritual that might work for you? Try to avoid less healthy coping like alcohol, smoking, or scrolling.

If an end of workday ritual worked well for you, how would you feel? What would be different?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy for Depression](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



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