

BEFORE THE WHEELS TURN

Grounding for the drive *home*

A short grounding practice for the drive between work and home, so one doesn't bleed into the other.



1



Before starting the car

BOTH HANDS ON THE WHEEL

Sit for a moment before you start the engine, hands resting on the wheel.

2



Three slow breaths

BEFORE YOU PULL OFF

Breathe slowly, in through the nose, out through the mouth, three times.

3



Name one thing, then let one go

OUT LOUD OR SILENTLY

Name one thing that went well today, and one thing you're leaving behind.

4



Drive with attention on the road

FOR THE WHOLE DRIVE

Keep your attention on the road rather than replaying the day as you drive.

WHEN TO USE IT

At the start of the drive home, or pulled over safely if needed before continuing.

WHY IT HELPS

A deliberate transition ritual helps your mind and body catch up with the change in setting, rather than arriving home still at work.

BEFORE DRIVING, OR SAFELY STOPPED

This is a before-driving or safely-stopped practice. Please don't do this while the car is moving.

— One breath at a time is enough. —

Storme Brand Counselling, HPCSA Registered Counsellor, Reg. PRC0023531

www.stormebrand.co.za

This handout is for general information only and is not a substitute for counselling. If you would like support, visit stormebrand.co.za or WhatsApp 079 019 8437.