Coming home: a gentle plan

Home can feel lovely, strange or both. Use these four stages at your own pace. Returning does not need to become another project to perform well.

1. Land and catch your breath

- ☐ Give myself time for rest and everyday essentials.
- ☐ Reconnect with someone I feel comfortable around.
- ☐ Unpack and deal with urgent admin in manageable pieces.

What am I glad to have back?

2. Find a workable rhythm

- ☐ Rebuild a simple routine that suits my current life.
- ☐ Sort receipts, bookings and equipment when practical.
- ☐ Make time for something familiar I enjoy.

A travel habit I would like to keep

3. Keep what mattered

- ☐ Choose a few photos or stories rather than sorting everything at once.
- ☐ Contact someone I would like to stay in touch with.
- ☐ Try one idea from the trip in ordinary life.

What do I want to remember or change?

4. Look ahead without rushing

- ☐ Make one modest plan to look forward to.
- ☐ Review money, work and responsibilities after the trip.
- ☐ Decide whether any bigger idea deserves a separate plan.

My next step and review date

This is a reflection tool, not mental health treatment. If distress persists or affects daily life, seek qualified support rather than trying to complete a worksheet through it.