Finding your feet at home

If ordinary life feels a little flat after travelling, start with what is actually here. These are prompts, not instructions to feel grateful on demand.

Comfort and familiarity

What feels good about being home, even if it is only the kettle or my own bed?

What do I miss from the trip?

People

Who would I like to reconnect with, and what could we do together?

Everyday pleasures

What small things have I enjoyed this week?

What could I bring into my week from the trip?

A present-moment pause

If it feels useful, look around and notice a few sights, sounds and physical sensations. Stop if the exercise is uncomfortable. There is no required feeling or score.

One practical thing that would make this week easier

This is not a treatment for depression or other mental health conditions. Seek qualified support if you are struggling or symptoms persist.