

# Transition Home

One of the biggest struggles first responders face, is when they come home still in work mode, and the demands of the job crashes into the demands of home. Families begin to believe that the responder doesn't want to be home, doesn't want to be with their family etc. However, due to the hypervigilance necessary at work, it is a biochemical transition that is needed paired with communication.

1. As you leave work, find ways to decompress and pull out of work mode. That could be music, a meditation, a podcast, silence (if this doesn't increase your anxiety), anything that calms your nervous system down and allows for regulation.
2. Speak to your family ahead of time, decide together what that transition might look like or need to be to best suit your individual needs.
3. Sitting in the car, in the driveway for 5-20 minutes regulating your nervous system in whatever way works best for you
4. Upon entering the home, if you have a predetermined arrangement, take the allotted time communicated and focus on nervous system regulation.
5. If the reality of life does not allow for these system regulations, it is imperative to tell your brain that you will do so later. Your brain can actually calm the nervous system down knowing that there is hope of regulation in the future.
6. Open communication is key. Silence and isolation kills marriages, but it also kills individuals. Talking has been found to be the #1 mitigator of stress and trauma injury. You do not have to explain the gory details, but you can share the difficulty or challenges of the day.
7. Giving yourself grace when you have a bad day, a poor transition, inability to regulate yourself. You are human, it doesn't make you a bad spouse, significant other, parent, child, sibling etc when you have bad days. Know the present doesn't have to be the future.
8. Mindfulness as a focus, being present in your family moments as much as you possibly can be is also key.