



# The Wellness Program

## Month 6

### Hat Switching

*Create a “hat switching” routine to help you transition from one role to the next and be more present in any environment.*

**Part 1:** identify your various roles (the different hats you wear).

**Part 2:** create a behaviour or prompt that will signal the transition from one role to another.

**Part 3:** reflect on the effectiveness of your selected behaviour or prompt. Make adjustments as needed.

**Share a quick video with Coach NB of your “hat switching” behaviour or prompt when transitioning from one role to the next!**

Within a given day you are tasked with inhabiting many different roles (i.e., wearing many different hats). However, like many you may sometimes forget to take off one hat before putting on another. The goal of this month’s activity is to help you identify a behaviour or prompt that can physically signal your switching from one hat to the next. In theory, a good behaviour or prompt should allow you to be more present (ex: to leave work at work if it is taking away from precious family time) by consciously shifting your attention to the needs of your current environment.

Transition behaviours and prompts aren’t meant to be hard boundaries or compartmentalisations that you never cross, indeed it is mentally healthy to talk through things and process your day aloud. Rather, transition behaviours and prompts can help you manage your various roles and responsibilities by reminding you to “be where your feet are.”

Part 1 of the hat switching activity consists of identifying the various hats you wear. This isn’t simply putting a label on your various roles, rather you are meant to explore how you act, feel, and think when you are at your best in each of your roles.

Once you have identified your various roles, you can then test out transition behaviours and prompts that you could use when switching from one role to another. These do not need to be complicated, maybe it’s hanging up your coat and taking off your shoes. Perhaps it’s tossing your keys by the front door or powering down your cell phone. Maybe it’s placing your feet on the ground for 5 seconds and reminding yourself where you are “I’m home.” You might consider physically changing hats (if you wear them).

Finally, once you have created/tested your transition behaviours and prompts be sure to reflect on whether or not they work for you. Do not be afraid to make adjustments if necessary!