

MOMENTS THAT CAN INTENSIFY TRANSITION DIFFICULTY



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

Stopping an enjoyable task

2

Leaving a familiar place

3

**Plans change without
warning**

4

No transition time

5

Moving from rest to action

6

Unclear expectations next

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER