Getting from here *to there.*

Why switching gears can drain ND brains — and how to build a steadier bridge.

IT'S NOT JUST YOU

Why transitions are hard work

Switching costs

Letting go of one task and loading up the next takes real energy. Many ND people feel that cost more sharply.

Uncertainty

Not knowing what comes next — who, where, how long — keeps the brain on high alert.

Sensory shifts

New light, noise, smells and temperature all arrive at once. Your body has to recalibrate.

Losing the flow

Deep focus is hard to reach. Being pulled out of it can feel jarring, even painful.

BUILD A BRIDGE

Every change has three parts

WHERE YOU ARE

Before

THE IN-BETWEEN

1 · 2 · 3

WHERE YOU'RE GOING

After

Preview it. Look at photos, a map or the schedule ahead of time.

Countdown warnings. Heads-ups at 10, 5 and 1 minute.

1 · Transition object or ritual. The same song, snack or pocket item that travels with you.

2 · Buffer time. Pad 10–15 minutes between things so nothing is a rush.

3 · Movement. A walk, a stretch or a shake-out to clear the last thing.

Settle-in time. A few minutes with no questions or demands.

Familiar anchors. Your water bottle, headphones or usual seat.

SMALL & DAILY

The dozens of little switches

Waking up, leaving the house, stopping a game for dinner, going from work mode to home mode.

Remember: small switches add up. A full day of them is real work.

BIG & LIFE-SIZED

The changes that reshape things

Moving, a new school or job, a breakup, a loss, a new routine you didn't choose.

Remember: expect a longer adjustment. Keep what you can the same.

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PICK WHAT FITS

Transition toolkit

You don't need all eight. Try one or two and keep what works.

1. **Visual timer.** See time running out instead of guessing.
2. **Now / Next card.** Two boxes: what's happening now, what comes next.
3. **Transition playlist.** One or two songs that always mean "time to switch."
4. **Stopping point.** Pick a natural pause — end of a chapter, level or email.
5. **Go-bag.** Keep comfort items packed so leaving takes fewer decisions.
6. **Practice run.** Visit a new place early, or walk the route once first.
7. **Sensory reset.** Headphones, a cold drink or deep pressure between places.
8. **Name it.** Say "this switch is hard for me" — out loud or to yourself.

YOUR TURN

My change plan

Fill it in alone or with someone you trust.

WHAT'S CHANGING

WHEN

WHO CAN SUPPORT ME

WHAT WILL STAY THE SAME

WHAT I'M WORRIED ABOUT

WHAT WILL HELP

Needing time to shift *isn't being difficult.*

It's how your brain does its best work. Planning for it is a skill — and you're already practicing.