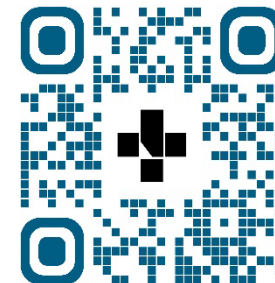


**As your workday comes to a close,  
take a few moments to reflect.**

## Going Home Reflection #1

Acknowledge one  
thing that went well  
today

Try a moment of mindfulness:



<https://qrco.de/beGh0b>

➤ **If you need support, call the 24/7  
Mental Health Helpline: 1-877-303-  
2642**