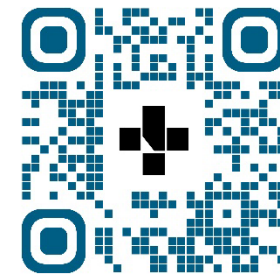


**As your workday comes to a close,
take a few moments to reflect.**

Going Home Reflection #2

Acknowledge one
thing that was
difficult and let it go

Try a moment of mindfulness:



<https://qrco.de/beGh17>

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