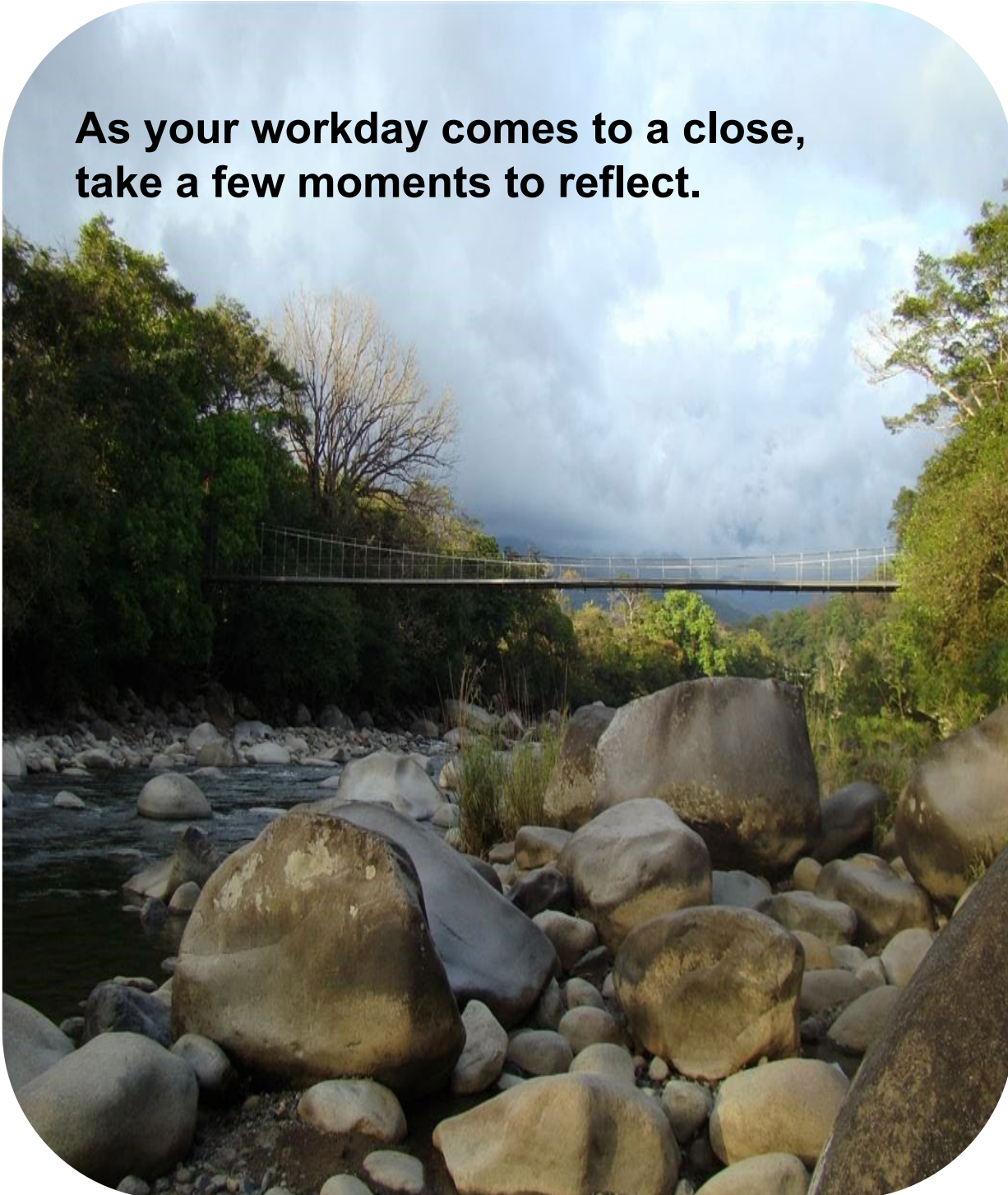


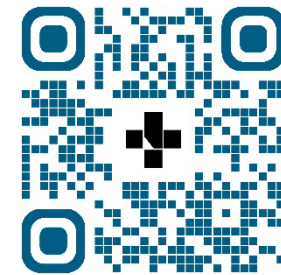
**As your workday comes to a close,
take a few moments to reflect.**



Going Home Reflection #3

Be proud of the care
and attention you
gave today

Try a moment of mindfulness:



<https://qrco.de/beGh1Z>

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