

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

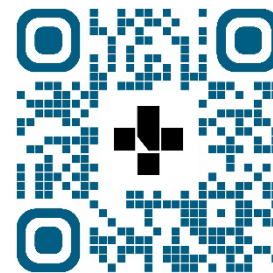


August 2023

Going Home Reflection #4

Make a connection
that matters to you

Try a moment of mindfulness:



<https://qrco.de/beGh2E>

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