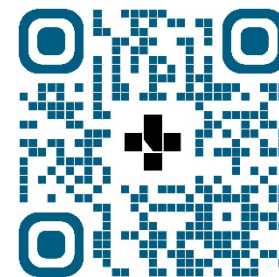


**As your workday comes to a close,  
take a few moments to reflect.**

Going Home Reflection #5

Focus your attention  
on going home to  
rest and recharge.

Try a moment of mindfulness:



<https://qrco.de/beGhOY>

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