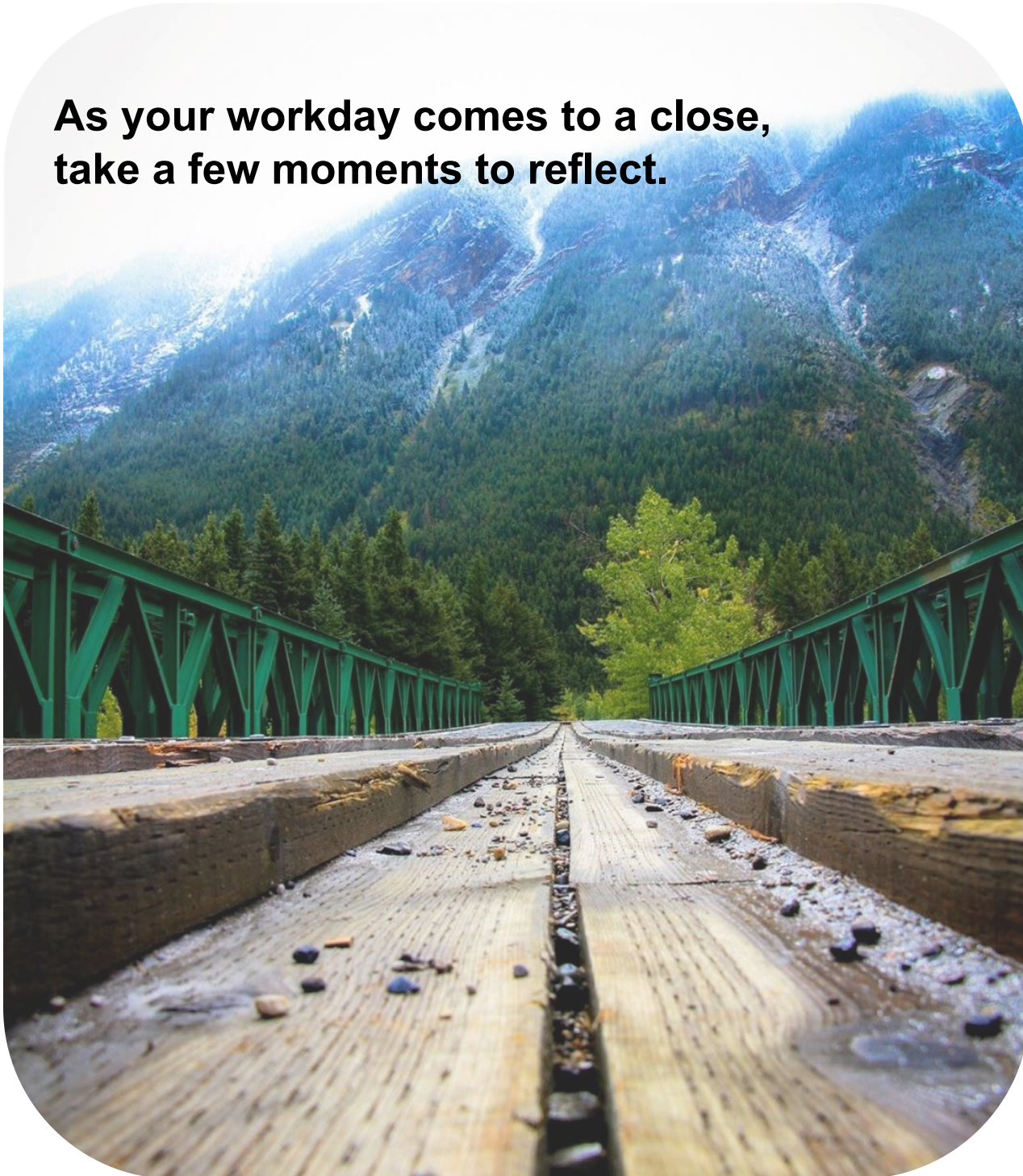


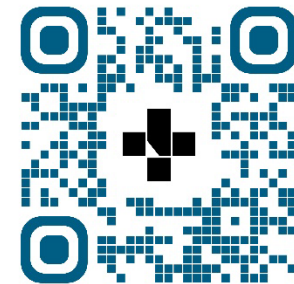
**As your workday comes to a close,  
take a few moments to reflect.**



### Going Home Reflection #6

Notice three good things in the moment as you make your way home

Try a moment of mindfulness:



<https://qrco.de/beGhPA>

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