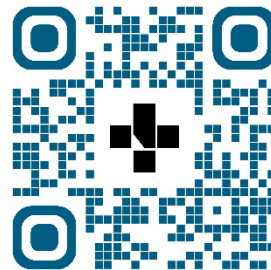


As your workday comes to a close, take a few moments to reflect.

Going Home Reflection #7

- Acknowledge one thing that went well today.
- Acknowledge one thing that was difficult and let it go.
- Be proud of the care and attention you gave today.
- Make a connection that matters to you.
- Focus your attention on going home to rest and recharge.
- Acknowledge 3 good things in the moment as you make your way home.

Try a moment of mindfulness:



<https://qrco.de/beGhPX>



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