



Ending Your Workday Checklist

- ✓ **Pause** for a moment to reflect on today
- ✓ **Be proud** of the work you did today
- ✓ **Consider three things** that went well
- ✓ **Acknowledge one difficulty** and let it go
- ✓ **Compassion check:**
Our colleagues: Are they OK?
You: Are you OK?
- ✓ **Rest and recharge:**
Now switch your attention to home