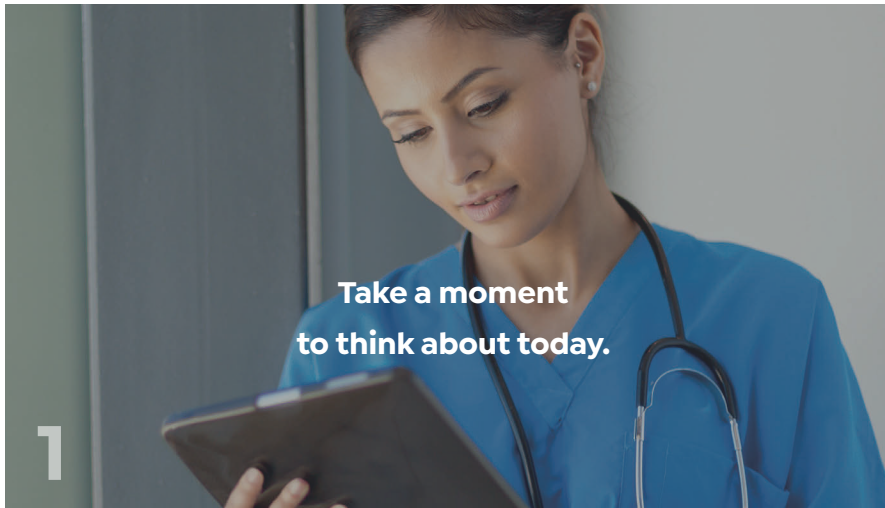


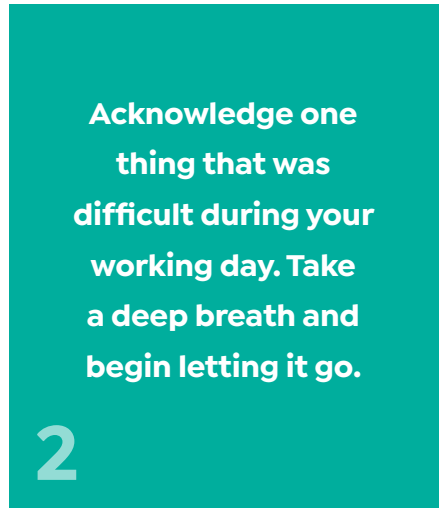
# Going Home Checklist

Try these simple and proven ways to decompress before you head home each day.



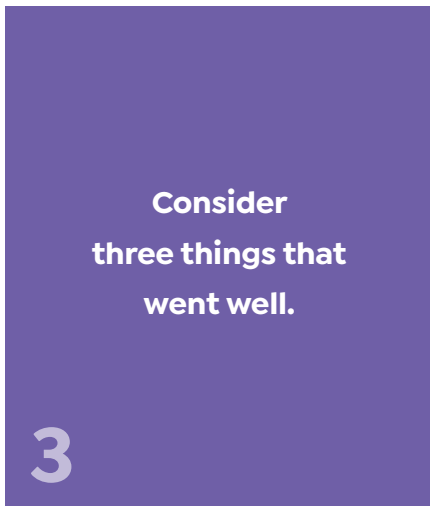
Take a moment  
to think about today.

1



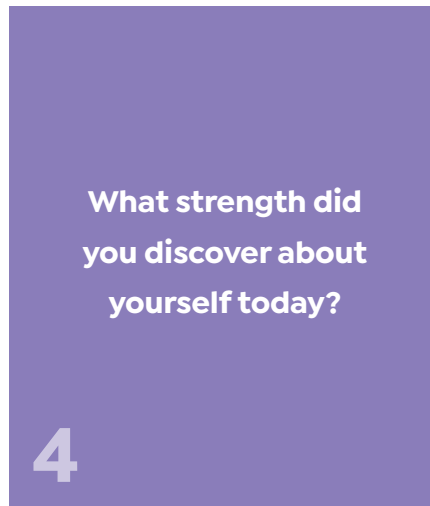
Acknowledge one  
thing that was  
difficult during your  
working day. Take  
a deep breath and  
begin letting it go.

2



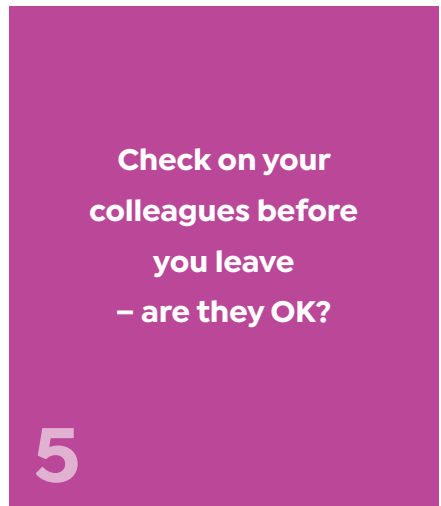
Consider  
three things that  
went well.

3



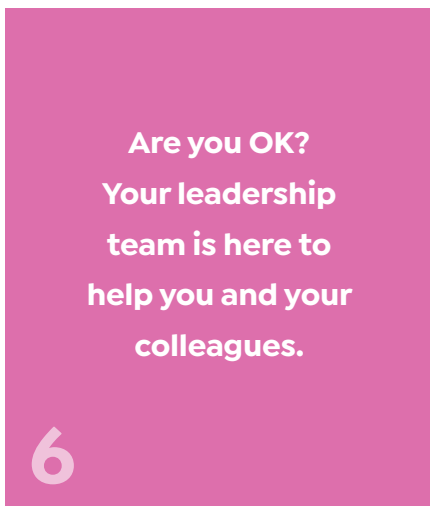
What strength did  
you discover about  
yourself today?

4



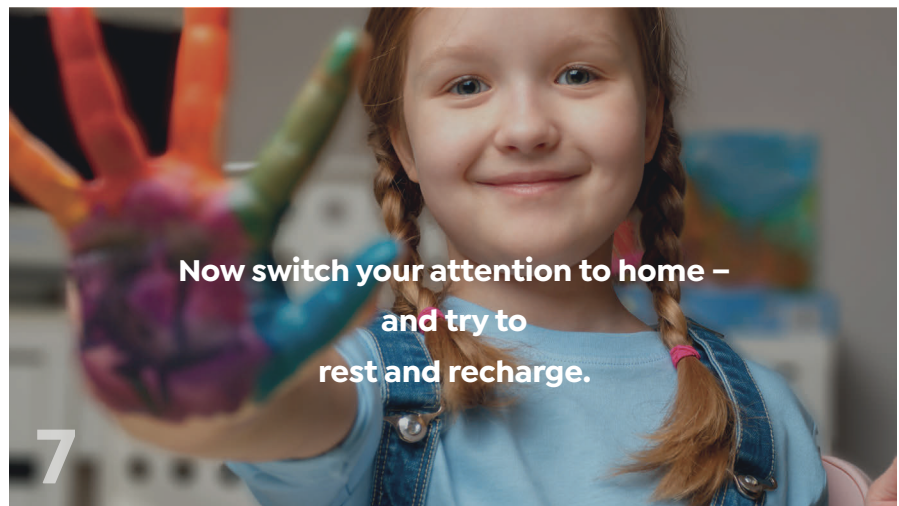
Check on your  
colleagues before  
you leave  
– are they OK?

5



Are you OK?  
Your leadership  
team is here to  
help you and your  
colleagues.

6



Now switch your attention to home –  
and try to  
rest and recharge.

7