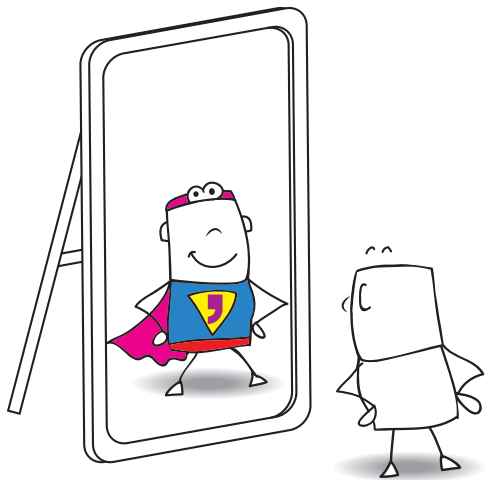
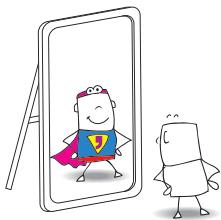


End of day check list ~ because **your wellness** is important



Before you leave work, take a moment to be **aware** of your day, **reflect** on your successes and opportunities, and **choose** to shift your mind to home.





- ✔ Be in the moment; pause & reflect on your day
- ✔ Look in the mirror and be proud of the work you did
- ✔ Consider **3** things that went well
- ✔ Acknowledge **1** difficulty and without judgment, **LET IT GO**
- ✔ Be humanistic with yourself – Ask, **AM I OK?**
- ✔ Switch your attention to home – Choose to **REST & RECHARGE**



For additional support call the **Colleague Support Center 860.972.2400**. Option 1 for Nursing, Physician, and APP Peer Support or scan the code for additional wellness resources.