

Going Home Checklist



Pause for a moment to reflect on today...



Acknowledge a difficulty and let it go



Be proud of the care you gave today



Consider 3 things that went well



**Give your colleagues and self a compassion check: Are they okay?
Are you okay?**



**Now switch your attention to home
to rest & recharge**

**Scan the QR code to download the mobile app
and engage with your well-being today.**

Company Username for Mobile App:



VITAL WorkLife is a free & confidential resource provided by your employer to support you and your family's well-being. From counseling to peer coaching and more, we are here for you!

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