

# 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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