








-  Take a moment to think about today
-  Acknowledge **the most difficult** thing at work today, and then let it go
-  Be **proud** of what you did at work today
-  Consider **three** things that went well
-  Check on your colleagues before you leave: *are they ok?*
-  *Are you ok?* Your colleagues are here to listen to and support you too
-  Now switch your attention to home.
Rest and recharge

