

Going Home CHECKLIST



Self-Assess:

Genuinely ask yourself, how am I doing?
It's ok to not be ok.



Self - Reflect:

What was a challenging part of your day? Sit with that for a moment. Now, switch your focus to your “win” for the day. This could be something as small as you had time to sit down and eat lunch or helped make someone's day better.



What's waiting for you when you leave work?

As you leave your work site or space, consider what you have to look forward to. This could be take-out from your favorite restaurant, enjoying time with family or binging your favorite show.

It is ok to not be OK. If you feel like you just aren't yourself, and need to talk to someone, call Best Care.



**You can reach out to Best Care EAP 24/7 to speak to a professional counselor.
Call 402-354-8000 or 800-801-4182.**

