

# End of Day Check-In

- Take a moment to think about today
- Acknowledge **one** thing that was difficult about the day, be mindful and try to let it go
- Consider **three** things that went well
- Are you okay? Your leadership team is here to listen and support you
- Check on your colleagues before you leave; are they okay?
- Be proud of what you did today
- Now switch your attention to home:  
**rest and recharge**

**Thank you for what you do to improve our community's health!**



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