



Self-Care Checklist for Going Home



Take a moment to think about your day.



Acknowledge one thing that was difficult today and let it go.



Be proud of the care you've offered your kids and families today.



Think about three things that went well today.



Check on your colleagues before you leave; are they okay?



Are you okay? Friends and colleagues are here to listen and support you.

For Additional 24/7 Support reach out to NYC Well: call 1-888-NYCWELL (692-9355) or text "Well" to 65173. For the Crisis Text Line, Text "HOME" to 741741 for free, 24/7 crisis counseling



Now shift your attention to home. Rest and Recharge

THANK YOU!

