

Daily Self-Care Checklist

1 Take a moment to think about your day.

2 Acknowledge one thing that was difficult during your work day – Let it go!

3 Consider three things that went well.

4 Are you ok? We are here to support you.

5 Check on your colleagues before you leave – Are they ok?

6 Now switch your attention to home – Rest and recharge.



RESOURCES:

www.fchn.com/Members/EAP

www.fchn.com/Members/PAP