

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:

MultiCare 

www.fchn.com/Members/EAP

www.fchn.com/Members/PAP