



**EMPLOYEE WELLNESS**  
LIVE WELL. WORK WELL.

# End of the Day Checklist



Take a Moment to think about today.



Acknowledge one thing that was difficult during your workday—let it go.



Consider three things that went well.



Check on your coworkers before you leave—are they okay?



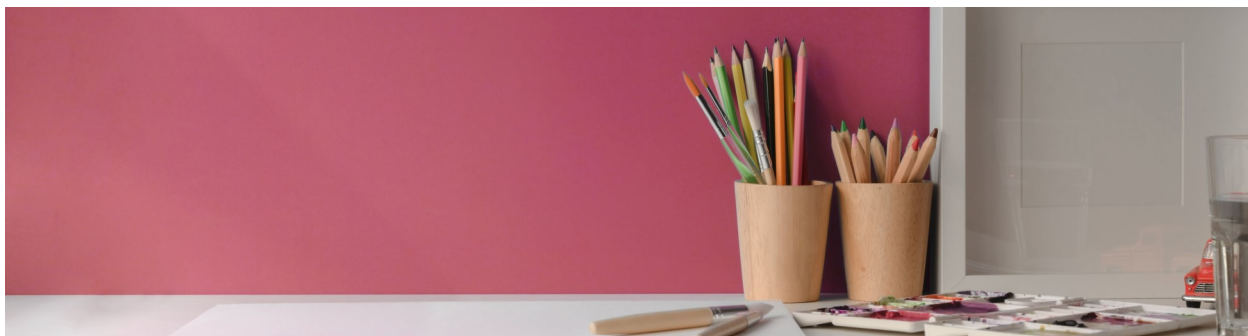
Are you okay? Your leadership team is here to support you.



Now switch your attention to home—rest and recharge.

For **Employee Wellness** Resources and Initiatives, visit [www.utrgv.edu/hr/wellness](http://www.utrgv.edu/hr/wellness)

**UT Employee Assistance Program (800) 346-3549**



**UTRGV**  
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