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

UT Employee Assistance Program (800) 346-3549