

# Going Home CHECKLIST



## Check in with yourself.

How are you feeling? It is OK to feel emotions at work.



## Reflect on three things that went well today.

Allow yourself to feel grateful.



## Acknowledge one thing that was difficult.

Let it go.



## Now switch your attention to home.

Rest and recharge.  
You deserve it!

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**It is OK to not be OK. If you are not doing well, you are not alone. Talk to a trusted friend or colleague or seek support from one of the resources below.**



**Simply scan the QR code** to visit our wellness site which offers information on all counseling services, including the **Employee Assistance Program, Counseling and Psychological Services, Peers in Need of Support** and the **House Officer Assistance Program**.

### Or contact via phone/email:

**Employees:** Arbor Family Counseling  
at 402-330-0960

**Students:** CAPS at 402-559-7276.

**House Officers:** 402-689-1033

**Peers in Need of Support:**  
pins@nebraskamed.com

