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!

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