The Going Home Checklist

1. Acknowledge one thing that was difficult:
   Name it to work through it and let it go.

2. List three things that went well:
   Take time to savor the good.

3. Check on your colleagues before you leave:
   Are they ok?

4. Reflect on how you’re doing, too:
   Your needs are valid.

Now switch your attention to home:
Rest, recharge and focus on the things that are important to you.

Contact the Resiliency Center at 801-213-3403 if needed.