

# After Work Checklist

At the end of your workday, take these steps to decompress.

For more well-being resources, visit:  
[NursingWorld.org/  
TheWellBeingInitiative](https://www.nursingworld.org/TheWellBeingInitiative)

- ✓ **Review**  
Acknowledge a challenge you faced, take a deep breath, and let it go.
- ✓ **Reflect**  
However small, consider and appreciate three positives in your day.
- ✓ **Regroup**  
Offer support to your colleagues—and ask for help when you need it.
- ✓ **Reenergize**  
Turn your attention to home. Focus on relaxing and resting.

