Finishing Work Checklist

Reflect on your day

Accept one aspect of your day that was difficult and leave it at work
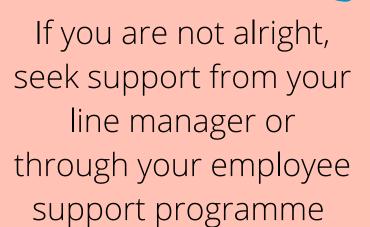
Be proud of what you have achieved today

Pick at least one thing you are proud you achieved today

Make sure colleagues are alright

Check in on colleagues you think you need to, before you leave work for the day

Seek support if needed

If you are not alright, seek support from your line manager or through your employee support programme

Remember to look after your wellbeing

Compass

Positive Effect
Holistic Health & Wellbeing Solutions