

## Reflecting on your day can build resilience

It is important to leverage self-compassion against some of the adverse situations we face each day.

While applying our energies to be most helpful and leaning on our colleagues for help are two keys to self-care, **reflecting on your entire workday before you go home** is also a form of self-compassion.

We encourage you to use the following **“Ending Your Workday Checklist”** as another helpful way to practice self-care and build resilience:

- **Pause** for a moment to reflect on today
- **Be proud** of the work you did today
- **Consider three things** that went well

**Acknowledge one difficulty** and let it go

- **Compassion check:**

Our colleagues: Are they ok?

You: Are you ok?

- **Rest and recharge:**

Now switch your attention home

### Ending Your Workday Checklist

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- ✓ **Be proud** of the work you did today
- ✓ **Consider three things** that went well
- ✓ **Acknowledge one difficulty** and let it go
- ✓ **Compassion check:**  
Our colleagues: Are they OK?  
You: Are you OK?
- ✓ **Rest and recharge:**  
Now switch your attention to home