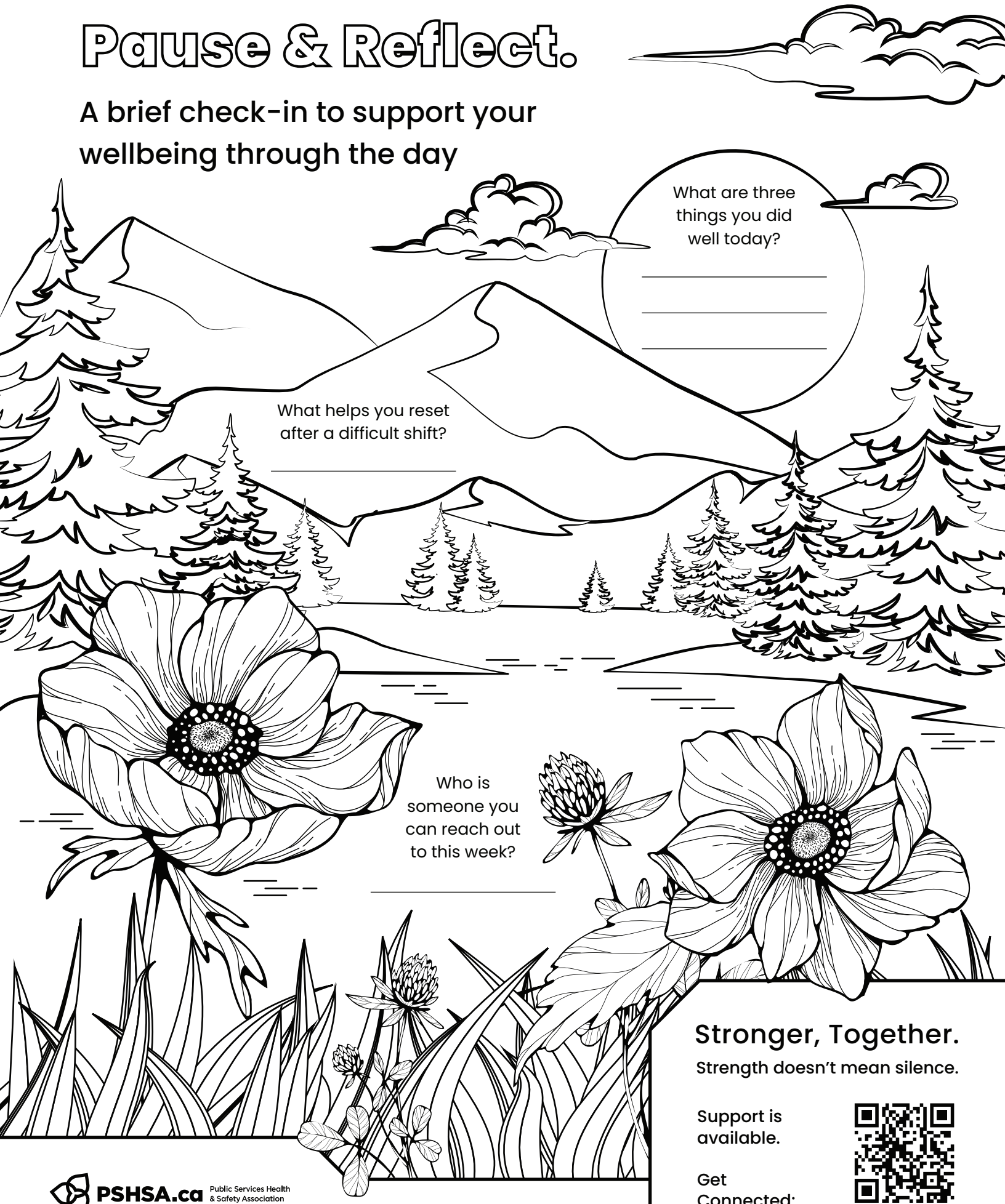
Pause & Reflect.

A brief check-in to support your wellbeing through the day



What are three things you did well today?

_____

_____

_____

What helps you reset after a difficult shift?

_____

Who is someone you can reach out to this week?

_____

Stronger, Together.

Strength doesn't mean silence.

Support is available.

Get Connected:

PSHSA.ca Public Services Health & Safety Association