PSYCHERA
YOUR SPACE TO BECOME

The End-of-Workday Mental Reset

A reflection for the end of the day

Notice what is on your mind and separate what needs attention now from what can wait.

What is on my mind?

What needs attention now?

What can wait?

You can leave any prompt blank. This page is yours to keep.

These tools are for reflection and everyday support. They are not a diagnosis, treatment or a replacement for professional care. If a tool brings up difficult feelings, you can stop and return to it later or consider reaching out to a qualified professional.