



GOING HOME CHECKLIST



- ✓ Take some time to think about today.
- ✓ Consider one difficult thing that happened during your shift. Acknowledge that difficulty and let it go.
- ✓ Think about three things that went well.
- ✓ Check on your colleagues before you finish - are they ok?
- ✓ Are you ok? remember your team is there to support you.
- ✓ Now switch your attention to home - rest and recharge.