



Going Home

CHECKLIST

- Take a moment to think about today
- Acknowledge **one** thing that was difficult on your shift, then let it go
- Be *proud* of the care you gave today
- Consider **three** things that went well
- Check on your colleagues before you leave – are they okay?
- Are you okay? Your senior team is here to support you.
- Now switch your attention to home.
Rest and Recharge.

