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.