

Take five...

...and take a moment
to think about your day



GOING HOME CHECKLIST

**Before you leave after your shift at work
take a moment to think about today**

- Acknowledge one thing that was difficult on shift – let it go
- Consider three things that went well
- Check on your colleagues before you leave – are they OK?
- Are you OK? Your team are here to support you
- Now switch your attention to home – rest and recharge



building a caring future

HOSPITAL | COMMUNITY | HOME

GROWING A



HEALTHIER WORKFORCE

PEOPLE LOOKING AFTER PEOPLE

