

GOING HOME CHECKLIST

Just as you prepare mentally to start work, do the same at the end of your shift so you can leave it behind you and rest



1

TAKE A MOMENT TO THINK ABOUT YOUR DAY (OR NIGHT!)

- Acknowledge 1 thing that was difficult.
- Consider 3 things you felt pleased about - however small.



2

ARE YOU OK?

In challenging times our expectations of ourselves and other people need to be realistic, honest, and kind.

If you are not OK please reach out ... there are people who want to help.



3

HOW IS YOUR TEAM?

Check in on your colleagues are they ok? Remember ... support is available.



4

END YOUR WORKING DAY

Choose an action that signals the end of your working day. This may be shutting your locker door, taking off your uniform/ID Badge, or getting to the bike rack.



5

CHANGE YOUR FOCUS

Switch attention to what you will do when you get home.



6

HOW WILL YOU REST AND RECHARGE?

Try these mindfulness videos for health staff

<https://www.rcn.org.uk/healthy-workplace/healthy-you/time-and-space>

