

# Going Home

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

