

Going Home Checklist

#careforcarers

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

Do you need to talk?

Contact:

- the internal confidential advisor;
- the occupational physician;
- the psychosocial prevention advisor.