Employee Going Home Checklist

- Take a moment to think about today.
- Acknowledge *one* thing difficult on your shift...You were brave today!
- Be proud of the care you gave today...We are!
- Consider *three* things that went well.
- Check on your colleagues before you leave. Are they OK?
- Are you OK? Your senior leaders are here to listen and support you.
- Now switch your attention to home: *Rest and recharge*

**THANK YOU** FOR BEING SO AWESOME!