

# Going Home Checklist

- 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 your coworkers before you leave: **Are they OK?**
- Are you OK?** Your management team is here to listen and support you.
- Now switch your attention to home: **Rest** and **Recharge**



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