

Going-home checklist

ASK YOURSELF:



What happened today that was difficult?

Let it go.



What three things went well today?

Celebrate your success!



How are my colleagues doing? Ask them.

Be mindful of their needs when you return to work.



Am I okay?

Talk to your leader or access Self-Care resources.



Now, focus on “me” time or family time.

Rest, recharge and have fun!