

Going Home Checklist

my healthy
workplace

Support and Services for NHS Grampian Employees

www.myhealthyworkplace.net

- ✓ Take some time to think about today.
- ✓ Consider one difficult thing that happened during your shift. Acknowledge that difficulty and let it go.
- ✓ Think about three things that went well.
- ✓ Check on your colleagues before you finish - are they ok?
- ✓ Are you ok? Remember your team is there to support you.
- ✓ Now switch your attention to home - rest and recharge.

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