



# GOING HOME CHECKLIST



- ✓ Take a moment to think about today
- ✓ Acknowledge one thing that was difficult on shift-let it go
- ✓ Consider three things that went well
- ✓ Check on your colleagues before you leave- *are they ok?*
- ✓ *Are you ok?* The You Matter team is here to support you!
- ✓ *Now switch your attention to home-rest and recharge*

You Matter support clinicians are available 24/7 to help.  
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