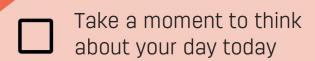


Going Home Checklist



Be proud of the care we gave today

Acknowledge one thing that was difficult on shift and let it go

Consider three things that went well today

Check on your colleagues before you leave. Are they ok?

Are you ok? Your team are here to support you

Switch your attention to home. Rest and recharge

Thank you for the care and support you provide