



Going home checklist

- ✓ Take a moment to think about today
- ✓ Acknowledge one thing that was difficult during your working day – let it go
- ✓ Consider three things that went well
- ✓ Check on your colleagues before you leave – are they ok?
- ✓ Are you ok? Your senior team are here to support you
- ✓ Now switch your attention to home – rest and recharge

