

Daily Going Home Checklist

These are unprecedented times for all of us and looking after ourselves and each other enables us to look after our patients. Taking time to reflect on your day is really very important for your wellbeing and the wellbeing of your team.

Take 5 minutes at the end of your shift to go through the checklist with a colleague or as a team.

- Please stop and take a minute to think about today
- Be proud of the care you gave
- Consider three things that went well
- Acknowledge one thing that was difficult on your shift; let it go
- If it's difficult to let go, remember your senior team are here to support you
- Check on your colleagues before you leave—are they okay?
- Now switch your attention to home: rest and recharge

Please visit the staff health and wellbeing webpages on the extranet for further advice and support