

Going Home Checklist

- Before you leave work, think about today.
- Consider three things that went well.
- Be proud of the work you have done.
- If something didn't go so well at work, let go of it now.
- Check on your colleagues – are they ok?
- Are you ok? Your team are here to support you.
- Thank you for everything you've done today.
- Now switch off, go home and be kind to yourself.

