

Going Home: To Do List



Take a few moments to think about today.



Acknowledge one thing that was challenging on your shift, then let it go.



Be proud of the care you gave today. You make a difference.



Consider three things that went well.



Check in with your work friends before you leave, Are they okay?



Are you okay? Your work friends are going through the same experiences. Talk to them.



It is time to switch your attention to home life. Take a break from social media.



Rest and Recharge

Thank you for your hard work, dedicated care, and service to your patients and community

