













# 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.



# 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.

