

Ask **THRIVE**: Going Home

Heading home after your shift? Leave work at work.

Going Home Self-Care Check List



Take a moment to think about today.



Acknowledge **1** *thing that was difficult* on your shift.
Let it go.



Consider **3** *things that went well.*



Be proud of the care you gave today.



Check on your colleagues before you leave.
Are they OK?



Are **you** OK? Know that your team members and coach are here to listen and support you.



Now, switch your attention to home.
Rest & recharge.