Take a moment to think about today

Acknowledge one thing that was difficult on shift... Now let it go

Consider 3 things that went well

Acknowledge one thing you are thankful for from your colleagues today

Check on all your colleagues before you leave – are they ok? Have you said thank you for the ongoing support?

Are you ok? Remember we are here to support you

Now switch off and go home... Rest... and Recharge

And Remember why we come to work and the difference we make each day 😊