

AMBER WARD – GOING HOME CHECKLIST

- 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 on-going 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 😊