



**Take a  
moment**

# **End of Shift Wellbeing Checklist**

**Just as you prepare psychologically to start work, you need to help your mind to psychologically leave work behind at the end of a shift**

- ✔ **Take a moment to think about today**
- ✔ **Acknowledge the things that were difficult**
- ✔ **Purposefully let each of them stay behind as you prepare to leave**
- ✔ **Consider the things you felt pleased about, however small**

**Thank you for the tremendous work you do, every day**

- ✔ **Choose an action that signals the end of your working day**
- ✔ **This may be taking off your uniform or putting your key in your car**
- ✔ **Switch attention to what you will do when you get home**

**How will you rest and recharge?**