



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**
- ✓ **Take a moment to think through what you have done today and put the shift to bed before you go to bed**

How will you rest and recharge?