

GOING HOME CHECKLIST

- Take a moment to think about today
- Acknowledge **one** thing that was difficult on your shift: let it go
- Be proud of the care you gave today
- Consider **three** things that went well
- Check on your colleagues before you leave: are they OK?
- Are you OK? Your peer support team is here to listen and support you
- Now switch your attention to home:
Rest and Recharge

For peer support email:
p2psupport@childrensmn.org

