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@childrensminn.org

THANK YOU