



# End of shift checklist



Take 5 minutes to reflect on your shift

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Recognise one thing that was difficult ...  
**and let it go**

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Remember three things that went well ...  
**and smile to yourself**

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**Are your colleagues ok?**  
Check on them as you say bye

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**Are you ok?**  
The senior team are there for you if you need them

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It's time to leave work behind and focus on home – **rest and restore your energy**

