End of shift checklist

- Take 5 minutes to reflect on your shift
- Recognise one thing that was difficult ... and let it go
- Remember three things that went well ... and smile to yourself
- Are your colleagues ok?
  Check on them as you say bye
- Are you ok?
  The senior team are there for you if you need them
- It’s time to leave work behind and focus on home - rest and restore your energy