

# GOING HOME CHECKLIST

During the current COVID-19 crisis, it is more important than ever that health and care staff are able to switch off and leave work at work.

By setting good routines when you leave work you will be more able to focus on what you need to be resilient and allow yourself to relax.

The current situation will continue for some time, it is a marathon not a sprint, therefore your wellbeing matters more than ever.

For further ways to support yourself and others at work, see **Questions to Support Each Other**.

Is there anything  
you need?

Are you OK?

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- 1 Take a moment to think about today.
- 2 Acknowledge one thing that was difficult during your working day—let it go.
- 3 Consider three things that went well.
- 4 Check on your colleagues before you leave—are they OK?
- 5 Are you OK? Notice any telltale signs that you may be stressed or tired. Talk to your team and let them help you.
- 6 Now switch your attention to home—rest and recharge.