

# Before Going Home

## ...Your Well-Being Checklist

Five simple steps to enable you to power down, rest and recharge.

- ✓ Think of three things that went well today.
- ✓ Identify one thing that was difficult, and **let it go**.
- ✓ Be proud of the care you delivered today, whether that was direct patient care or in support of our entire caregiving community.
- ✓ Choose one thing you will do for self-care before you return to work.
- ✓ Now switch your attention away from here so you can relax and be fully present at home.

### Thank you

for everything you did today to support our patients, their loved ones, and each other.



SCAN THIS CODE TO VISIT  
a collection of well-being resources



DukeHealth