Before Going Home

...Your Well-Being Checklist

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

1. Think of three things that went well today.
2. Identify one thing that was difficult, and let it go.
3. Be proud of the care you delivered today, whether that was direct patient care or in support of our entire caregiving community.
4. Choose one thing you will do for self-care before you return to work.
5. 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.