

Going home checklist

Just as you prepare mentally to start work, do the same at the end of your working day.

Ensure work stays at work, go home and re-energise.



Take a moment to think about today

Acknowledge one thing that was difficult at work today – **let it go**

Consider **three** things that you felt pleased about, however small

Check on your colleagues before you leave.
Are they ok? Are you ok?

If you feel you need to speak to someone, there are resources and useful information available to support you. **Search 'wellbeing'** on the intranet

Now switch your attention to home...

rest and recharge ✓