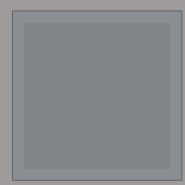
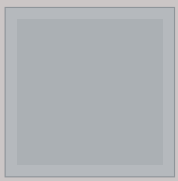


GOING HOME CHECKLIST

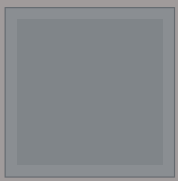
MENTAL HEALTH WELFARE CHECKER



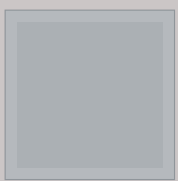
Take a moment to think about today



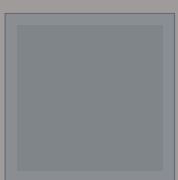
Acknowledge **ONE** thing that was difficult in your day
- let it go!



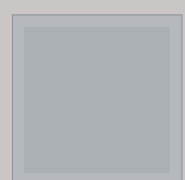
Consider **THREE** things that went well



Check on your colleagues before you leave - *are they OK?*



Are you OK? - Talk to your support network, they can help -
don't close yourself off



Now switch your attention to going home - **rest and recharge**



THANK YOU

The information provided in this poster, is an acknowledgment of a similar poster used by our brave NHS working on an ICU during the COVID-19 Pandemic