GOING HOME CHECKLIST
for CMH Team Members

- [ ] **Be proud** of the work you did today.
- [ ] Consider **three things** that went well.
- [ ] Acknowledge **ONE thing** that was difficult on your shift; **let it go.**
- [ ] **Check on your colleagues** before you leave: are they OK?
- [ ] Are you OK? Your **senior team is here to listen and support** you; let us know how we can help.
- [ ] Now switch your focus: **go home, rest and recharge.**

You are all everyday heroes and heroes every day. Thank you!