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!