

End of work day check list

You do a fantastic job taking care of others here at the hospice. Your work is demanding, both physically and emotionally, and the current climate makes it even more so. It is important to remember we are human beings. Looking after ourselves, and each other, enables us to look after our patients.

At the end of your work day - with a colleague or in your team - go through this checklist:



Take a moment to think about your day



What went well?



Are you okay? Are your colleagues okay?



Is there anything to offload before you go?



Who can you thank before you leave?



**Now it's time to focus on life outside of work.
It's important to rest and recharge.**

What one thing will you do to take care of yourself?

Don't forget, your team and colleagues are here to support you.