

GOING HOME CHECKLIST

TAKE A MOMENT TO
THINK ABOUT TODAY



ACKNOWLEDGE ONE THING
THAT WAS DIFFICULT ON
YOUR SHIFT.



CONSIDER THREE THINGS
THAT WENT WELL TODAY.



BE PROUD OF THE CARE YOU
GAVE TODAY.



CHECK-IN WITH YOUR
COLLEAGUES BEFORE YOU
LEAVE - HOW ARE THEY
DOING?



I WILL SWITCH MY
ATTENTION TO HOME - TO
REST AND RECHARGE.



fraserhealth

Better health. Best in health care.