

Going Home Checklist | Physician Wellness Self-Care

- ✓ **Acknowledge one thing that was difficult** about your shift or your day, **then let it go**
- ✓ **Be proud of the care you did** today and/or the work completed
- ✓ Consider **three things that went well**
- ✓ Check on your **colleagues** before you leave; **are they OK?**
- ✓ **Are you OK?** The physician wellness team is **here to support you.**
- ✓ **Now switch** your attention to home. **REST and RECHARGE.**

Please reach out to your Division, Facility Engagement or the Doctors of BC at **1.800.663.6729**

Capreece (Capi) Bowers, Msc., RCC has kindly offered her skill and experience as a mental health clinician to support our health care professionals at this time.

She can be reached at:
250.804.6304

We thank you! Please stay well!

 **Shuswap North Okanagan**
Division of Family Practice
An GPSC initiative

 **FACILITY**
ENGAGEMENT
An SSC Initiative

SHUSWAP LAKE
GENERAL HOSPITAL

 **FACILITY**
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