

Going Home Checklist

Adopted and adapted from the NHS and RIHPA

- ✓ Acknowledge one thing that was difficult about your shift or your day; 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 okay? The Division team is here to support you.
- ✓ Now switch your attention to home: Rest and Recharge

We Thank You!

Please contact us at :
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