

# GOING HOME CHECKLIST



Standing for  
Mental Health  
& Wellbeing



Take a moment to think about today.



Acknowledge one thing that was difficult or didn't go so well - then let it go.



Consider three things that *did* go well - allow yourself to feel good about them.



Check on your colleagues before you leave, if you have any - are they OK?



Are you OK? If not, seek support - speak with a colleague, peer support or manager.



Now switch your attention to home - what can you do to rest and recharge?