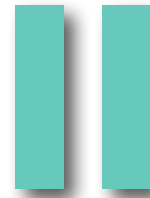


Before you leave work, take a moment

AND PAUSE...



- || Acknowledge one thing that was difficult on your shift and **LET IT GO.**
- || **BE PROUD** of the care and service you gave today.
- || Consider **THREE THINGS** that went well and who helped make them happen.
- || Think about what can you do differently **TOMORROW.**
- || **CHECK ON YOUR COLLEAGUES** before you leave. Are they OK?
- || **ASK YOURSELF IF YOU'RE OK.** Your leadership team is here to listen and support you.
- || Switch your attention to home. **REST AND RECHARGE.**