

Going Home Checklist

- Take a moment to think about today
- Have you checked on your colleagues – are they ok?
- Are you ok? Do you need to talk to somebody?
- Acknowledge one thing that was difficult today. Let it go
- Think of one thing that went well, however small
- Complete an action that signals the end of your shift (like getting your coat, closing your locker or washing your cup)
- Now switch your attention to home

It's OK not to be OK. Your manager, your senior team and Health4Work are here to help. They can provide a listening ear or even refer you to services that can help you through a tough time. Whether it's about work or home, don't suffer in silence.



See our Zest4Life pages on **Trustnet** for more info or



Call Health4Work on **01962 824326** to make an appointment to chat to one of our friendly team.

Positive action from Health4Work for Staff Health and Wellbeing