

Leaving work with wellbeing in mind checklist

Thank you for everything you have done today, and in particularly challenging times.

- ✔ Acknowledge something that you found challenging at work today, take a moment to try and let it go
- ✔ Consider anything that went well today, take a moment to pause and enjoy that positive moment
- ✔ Check if colleagues are ok before you leave
- ✔ Are you ok? We are one team and here to support you.



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