

Take a moment to reflect on the day: a quick check before going home...



It is important to take a breath at the end of your shift and help mentally prepare yourself to leave work at work. These tips might be useful

- Think of 3 things that went well and why
- Be proud of the care you gave today
- Think of **one** thing that you would do differently next time
- Check on your colleagues before you leave – are they OK?
- Are you OK? Your senior team are here to listen and support you
- Now bring your attention to home – **Rest & Recharge**

Where can I find more information about working in teams?

Further online information is available at:

<http://www.cec.health.nsw.gov.au/improve-quality/team-stripes>