



MASSACHUSETTS
GENERAL HOSPITAL

Going home checklist

- Take a moment to think about today.
- Acknowledge one thing that was difficult on your shift, then let it go.
- Be proud of the care you gave today.
- Consider three things that went well.
- Check on your colleagues before you leave: Are they OK?
- Are you OK? Your colleagues are here to listen to and support you. Never worry alone.
- Now switch your attention to home:
Rest and Recharge.