



## Reducing Staff Burnout: End of Shift Checklist

- Take a few seconds to reflect on the day.
- Think of one difficult thing that happened today. Then let it go.
- You should be proud of the care you provided today.
- Think of three things that went well.
- Have you checked on your teammates today? Are they okay?
- Do a quick self-check. Are you okay? Your team is here to support you.
- It's time to go home. Make sure to get plenty of rest and recharge.

