

COVID-19

END OF SHIFT WELLBEING CHECKLIST

Just as you prepare psychologically to start work, do the same at the end of your shift.

Take a moment to think about today

Acknowledge three things that were difficult.

Purposefully let each of them go.

Consider three things you felt pleased about, however small.

Thank you for the tremendous work you do, every day

Choose an action that signals the end of your working day.

This may be taking off your uniform or putting your key in your car.

Switch attention to what you will do when you get home.

How will you rest and recharge?

If you are worried about team or individual wellbeing, seek support from Employee Wellbeing: 02920 744 465 Employee.wellbeing@wales.nhs.uk

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