

# Going home checklist

---

## BEFORE YOU LEAVE TODAY:

---

- ✓ Acknowledge one thing that was difficult.
  - Try your best to let it go.
- ✓ Consider three things that went well today.
  - Be proud of the care you provided.
- ✓ Are you OK?
  - Your leaders are here to listen and support you.
- ✓ Check on your colleagues.
  - Are they OK?
- ✓ Switch your attention to going home.
  - Rest and recharge.

VISIT **WELLSPRING** for employee wellness resources including information about [FirstCall](#), [EAP](#) and [Renewal/Oasis Rooms](#).

Thank you for your commitment to Main Line Health,  
our patients and the communities we serve.

