

♥ End of shift? ♥

- ☒ Take a moment to think about today
- ☒ Acknowledge the things that were difficult
- ☒ Purposefully let each of them stay behind as you prepare to leave
- ☒ 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)
- ☒ Consider the things you felt pleased about, however small
- ☒ Switch attention to what you will do when you get home
- ☒ Rest and recharge



SCAN HERE

Contact us

Call **01202 130130** from **8 AM to 4 PM (Mon - Fri)**
or contact us using our online referral form.

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