

An RVT's Going Home Checklist

- Take a moment to think about today.
- Acknowledge *one* thing that was difficult on shift. Let it go.
- Consider three things that went well.
- Check on your colleagues before you leave. Are they okay?
- Are YOU okay? Your association and the RVT community are here to support you.
- Choose an action that signals the end of your shift.
- Now switch your attention to home - how will you rest and recharge?

