

Going Home Checklist



Consider how your day went. Notice your emotions. Being able to connect with a range of emotions and switch between them is healthy.



Acknowledge how your workday was difficult and let it be. Imagine yourself putting one difficulty down and leaving it at work.



Notice three good things about your day and your role in them. Research shows practicing gratitude helps with recovering from difficulty, being present to loved ones, and remembering your strengths.



Check-in with another team member before you leave. Express gratitude or offer an encouragement to a colleague you appreciate. This can be verbal or a small act of service like offering to clean a piece of equipment.



Switch your attention to going home, it's time to rest and recharge. Make room for emotional recovery – you may need time to restore from the labor of staying attuned or numbing out. What is something self-soothing you can do to help yourself transition home? Listen to a podcast, take a walk, plan movie night... Is it time to talk with EAP, Chaplaincy, or someone you trust?

Where in your body do you feel being brave, being true, being clear...?

Who am I when I can't do what I know should be done?

How do you want to show up for others?

Where do you want to expand insight and self-awareness?

What are you willing to struggle for?

What do you enjoy about life?

How do you want to preserve integrity?

What boundaries are important to you?

How do you want to live your talents?

Why do you do this work?

The ability to find meaning and purpose during uncertainty and struggle offers stability, perspective, confidence, and determination.

We hope these prompts help you remember who you are and who you live to be.

Take Ten