

Before you go

CHECKLIST



Oregon Center for
NURSING

Getting support and supporting yourself to "leave work at work" is important to help create a work-life balance. Mentally preparing to leave work can make a big difference. Here are some ideas to consider as you end your day.



TAKE A MOMENT

Look around you and reflect on the day.



IDENTIFY ONE THING

Recall one thing that was difficult today. Let the feelings be present for a moment...then allow them to pass by you and be released.



FIND THREE THINGS

Think of three things to be grateful for about your work day. It can be a patient's smile, a colleague's help, or a deep breath you took.



ACKNOWLEDGE

Today may have been hard, but it's not forever. Breathe.



ARE YOU OK?

Really ok? Don't struggle in silence. Connect with someone.



LOOK AT YOUR COLLEAGUES

Are they ok? Don't let them struggle either. Be their support.



BREATHE

With a renewed breath, head home to reset and recharge.



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