

The Going Home Checklist

Acknowledge one thing that was difficult:

Name it to work through it and let it go.

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3

List three things that went well:

Take time to savor the good.

Check on your colleagues before you leave:

Are they ok?



Reflect on how you're doing, too:

Your needs are valid.

Now switch your attention to home:

Rest, recharge and focus on the things that are important to you.



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Contact the Resiliency Center at
801-213-3403 if needed.

