

MENTAL HEALTH AND WELLBEING

End of the day checklist for adults

Just as you prepare mentally to start work, do the same at the end of your day.

Complete a going home checklist, to ensure work stays at work.

- Take a moment to think about today or write down your thoughts.
- Acknowledge three things that were difficult. Purposefully let each of them go.
- Consider three things you felt pleased about, however small. Choose an action that signals the end of your working day. This may be shutting your locker door, taking off your uniform, or getting to the bike rack.
- Switch attention to what you will do when you get home.
- How will you rest and recharge?

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