

Self-Care Checklist



Before you Go Home...



Acknowledge one thing that was difficult today.



Consider just a couple of things that went well even just a little bit.



Ask about a colleague's wellbeing, supporting each other makes us stronger together.



Check in with yourself, reach out for support, practice self compassion.



Now switch your attention to home: time to rest and recharge.



Spend time connecting with others and doing things that nourish you!

Thank you for being here today and for supporting the patients and your co-workers at Sunnybrook.