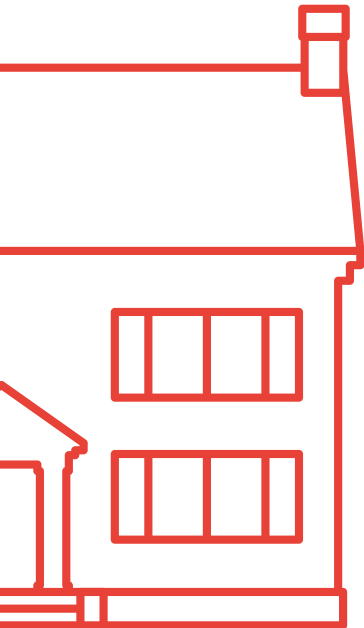




BEFORE YOU GO HOME... ARE YOU OK?

- › **Stop** and have a think about your day
- › If there was something challenging for you today, acknowledge it, but allow yourself to **let it go**
- › Think about **three** things that went well today
- › Be really **proud** of the work you have done
- › Ask a colleague how they are before you leave: **are they OK?**
- › **Are you OK?** If not, ask for help, your team and management are here to support you
- › Shift your attention to home
 - **Rest and Recharge**



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