

# LETTING GO of the **WORK DAY**

---

We are proud of Children's PICU team for developing this checklist to decompress before going home. Here are some of their tips:

- ✓ Take a moment to contemplate today.
- ✓ Think about three difficult things about the day. Let them go.
- ✓ Identify three things that went well. Hold on to them.
- ✓ Choose a signal that marks the end of your work day. Commit to stopping here.
- ✓ Switch your attention to going home, resting and recharging.

Review this checklist at the end of each workday. Take the time needed to make a smooth transition from work to home.

---

**Interested in learning more about  
Children's Physician Wellness programs?  
Have de-stressing tips to share?**

Contact Kathleen Smith  
**[kathleen.smith3@choa.org](mailto:kathleen.smith3@choa.org)**