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.

☑️ Choose a signal that marks the end of your work day. Commit to stopping here.

☑️ Think about three difficult things about the day. Let them go.

☑️ Switch your attention to going home, resting and recharging.

☑️ Identify three things that went well. Hold on to them.

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?

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