

End-of-Day Resilience Checklist



Working during this pandemic can be a very stressful time. To unwind from the day, take a moment to practice the following:

Practice Gratitude.

- ✓ Consider 3 things you are grateful for.
- ✓ Pause for 20 seconds to absorb the gratitude and notice how you feel

Acknowledge something that was difficult during your shift.

- ✓ Take time to notice the event and how it makes you feel.
- ✓ Notice with curiosity and kindness even if mistakes were made.
- ✓ Acknowledge that everyone is doing their best.
- ✓ Practice forgiveness and compassion towards yourself and others.
- ✓ Embrace a non-judgmental attitude.

Consider whether you or other team members may need support.

- ✓ Take time to check in with a few others as you leave, perhaps by asking them about their day and wishing them well.
- ✓ If you recognize that you need some extra support, ask if someone has a moment to connect before you leave.

As you leave work:

- ✓ Take a moment to breathe fully and deeply.
- ✓ Take time to connect with a loved one, nature or a furry friend.
- ✓ Tell yourself something reassuring.

These practices can help you be in the moment and build resilience.