

Going home?

As you're leaving,
take 3 minutes
to reflect.

- What am I worrying about and can I leave it here?
- Do I need to check in with colleagues?
- What are three things that went well today?
- Am I OK? What support do I need?
- Do I need to talk to someone in confidence? **If so, speak to Vetlife Helpline on 0303 040 2551**



Go home and rest and restore.

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Support for the
veterinary community

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