

Montefiore



Montefiore House Staff End-of-Shift
Self-Care Checklist



LET IT GO

Acknowledge 1 thing
that was difficult



BE PROUD

Think of 3 things that
went well today



ARE THEY OK?

Check on your co-workers
before you leave



ARE YOU OK?

Use the Wellness
resources to support you*



REST & RECHARGE

Now switch your
attention to home

* For all your Montefiore wellness support resources visit

www.mymontebenefits.com/to-your-health

or Scan QR Code



To Your HEALTH!

Montefiore for a Healthy You

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Use the Caregiver End of Shift Self Check-In to maintain a boundary between work and home for a peace of mind.

Trace the Labyrinth below with your finger while gently breathing in & out to create a soothing, centering moment anytime.



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