RESTORE

Care for the caregiver, too

Check in

Once immediate care needs are covered, ask: what is my body doing right now? What do I need before the next task?

Connect

If appropriate, check on colleagues, invite a brief nonjudgmental debrief and seek additional support when needed.

Shift threshold

Before heading home, take one minute to name what you did, what remains at work and what you are allowed to set down.

Make room to recover

Hydrate, breathe, reconnect with the people and routines that restore you. Reach out for professional support if needed.

Educational reflection aid. Follow current orders, scope of practice and workplace policies. Do not record patient identifiers on this handout.