



AFTER THE SHIFT

A three-minute shift-to-home reset for healthcare workers

A difficult shift can follow you home. This quick reset will not erase what happened; it creates enough distance to choose what you need next.

1 NOTICE YOUR STATE - 30 SECONDS

Body tension	0 1 2 3 4 5 6 7 8 9 10
Mental replay	0 1 2 3 4 5 6 7 8 9 10
Emotional load	0 1 2 3 4 5 6 7 8 9 10

2 RESET YOUR BODY - 90 SECONDS

LOOK	Name five neutral things you can see. Let your eyes move slowly around the space.
EXHALE	Inhale gently for 4 counts and exhale for 6. Repeat five times without forcing the breath.
RELEASE	Press your feet into the floor for 5 seconds, then let go. Repeat with hands and shoulders.

“The shift is over. I am here. My next responsibility is only the next one.”

3 RECLAIM ONE PIECE OF MEANING - 60 SECONDS

One action today that reflected care, skill, courage, advocacy, or teamwork...

One quality I want to carry into my next shift - without demanding perfection...

What do I need next? Choose one.

☐ Quiet	☐ Food / water	☐ Movement
☐ Connection	☐ Rest	☐ Practical help

Use this as a reset, not another task. A small reduction in distress counts. Choose what supports you tonight: quiet, food, movement, connection,

EDUCATIONAL USE & SELECTED EVIDENCE-INFORMED SOURCES

1. World Health Organization. Guidelines on Mental Health at Work. 2022.
2. CDC/NIOSH. Impact Wellbeing Guide: Taking Action to Improve Healthcare Worker Wellbeing. Publication 2024-109.
3. World Health Organization. Doing What Matters in Times of Stress. 2020.

IMPORTANT: General educational resource only. It does not provide individualized nursing care, psychotherapy, diagnosis, medical advice, or emergency support. Individual reset skills do not replace safe staffing, incident reporting, occupational health, workplace accommodation, or leadership action when work conditions are causing harm.