



# Self Check In



Show your colleagues and yourself some care by taking time to check in on how you're doing today.

Your end of shift checklist:

- Take a moment to think about today

---

- Acknowledge one thing that was difficult about your day and let it go

---

- Consider 3 things that went well

---

- What could you do differently and improve on tomorrow?

- Are your colleagues OK? Could you take the time to support anyone more?

---

- Are you OK? Would you benefit from talking more to a colleague, friend or any of Carnival UK's support teams in place?

---

- Now switch your attention, rest and recharge.

For all support and resources available to you visit [The Insider](#) and search 'Wellbeing: Support for you'.

