WORKED A LONG SHIFT?

A Healthcare Worker Recovery Checklist

DON'T JUST RUN ON COFFEE

- Aim for meals and snacks that include carbohydrates, protein, fiber, and healthy fats.
- Keep easy options available for busy days, such as fruit, yogurt, eggs, nuts, whole grains, vegetables, or legumes.
- If you have specific dietary needs, follow the guidance recommended for you.

HYDRATION

- Keep water within reach when possible.
- Drink fluids regularly throughout your shift and afterward.
- Remember that caffeine is not a substitute for food, fluids, or rest.

WHEN YOU'RE WIRED AND CAN'T WIND DOWN

- Take 10 minutes to walk, stretch, or decompress after your shift.
- Try dimming the lights and reducing screen time as you prepare for sleep.
- Write down thoughts or tasks that are still on your mind so you do not have to keep carrying them mentally.

WHEN YOU FEEL DRAINED

- Pause and name one thing that happened during your shift.
- Spend a few minutes connecting with someone you trust.
- Notice how you are feeling without judging yourself or expecting to immediately "fix" it.

WHEN YOUR DAYS OFF DON'T FEEL RESTFUL ENOUGH

- Protect one block of unstructured time when you can, without errands, work, or catching up.
- Spend some time outside and add gentle movement if it feels right for you.
- Choose activities that help you feel rested or recharged rather than filling every open hour.

REMEMBER

Recovery is part of taking care of yourself after demanding work. Food, fluids, movement, rest, and connection can all support recovery.

Start small: Choose one recovery step from this checklist to try after your next shift.

COMPASSION COHERENCE