

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **CELEBRATING MEMORIAL DAY 2020**

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Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health “Care Bravely” Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit.*

Today's topic is “Celebrating Memorial Day 2020.” This Memorial Day will be quite different from other's we have celebrated in the past as we all strive to find our way forward living with this pandemic. No matter how you spend the day, be sure to take a moment to pay your respects to the brave men and women who sacrificed their lives to ensure your safety and freedom.

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## History Tidbit

In 1968, the US Congress declared, what was now known as Memorial Day, to be a **federal** holiday. The lawmakers also moved the date to the last Monday of May. While this allowed Americans to enjoy a three-day weekend, it also diminished the holiday's significance. Most people began regarding Memorial Day, as the unofficial start of summer and spent it firming vacation plans, attending or hosting barbecues, and lazing around pools. Retailers, meanwhile,

took advantage of the holiday to boost their sales by offering significant discounts. Dismayed by the turn of events, US President Bill Clinton passed "The National Moment of Remembrance Act" in December 2000. The law **urges** Americans to honor all fallen heroes by observing a minute of silence at 3:00 pm (local time).



[Memorial Day Celebrations amid COVID-19](#)

[Why is the Poppy a Symbol for Memorial Day?](#)

[Memorial Day Traditions and Facts](#)

“Never was so much owed by so many few.”- Winston Churchill



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## Great Movies to Watch

War	Movies	Stars	Rated
Revolutionary	Revolution (1985) The Crossing (2000)	Al Pacino Jeff Daniels	PG PG
Civil War	Gettysburg (1993) Glory(1989)	Jeff Daniels Denzel Washington	PG R
World War I	1917 (2019) Private Peaceful (2012)	George MacKay George MacKay	R NR
World War II	Tuskegee Airman (1995) Saving Private Ryan (1998)	Laurence Fishburne Tom Hanks	PG-13 R
Korean War	Inchon (1981) Front Line (2011)	Sir Laurence Olivier Ha-kyun Shin	PG NR
Dessert Storm	Courage Under Fire (1996) Jarhead (2005)	Meg Ryan Jake Gyllenhaal	R R
Dessert Shield	Taking Chance (2009) American Sniper (2014)	Kevin Bacon Bradley Cooper	NR R

