

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **Healthcare Week** - Insights from our Frontline Team Members Series

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Happy Healthcare Week to all! To celebrate this week in our “Daily Tips,” we will hear from five of our front-line heroes from around our health system who continue to work tirelessly to Care Bravely for our patients, families, community, and team members. Those who kindly agreed to participate were all asked the same five questions, and with the last questions each will share a TIP with you for being resilient during this challenging time.

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John Means  
Security Manager  
Grace Medical Center  
A/K/A Super Hero



## 1) Over the past 8-10 weeks, what has been the hardest part of your job?

*The hardest part has been a variety of things actually. With COVID-19 we need to make adjustments daily as constant changes come our way. Safety is paramount and we are on the front-lines of staff security. We must adapt to these changes on the fly in order to protect ourselves, staff, patients, and families.*

## 2) During this time what has been the most rewarding part of your job?

*The most rewarding part has been being able to engage with other departments and see how things are changing and why. Brainstorming and sharing ideas is a daily occurrence, and both leadership and staff ideas are being listened to and acted upon. An example of this was that after leadership set up the testing tent here at Grace, one of my security officers, Jamal Graham, suggested a different approach. His idea was implemented and the Grace staff really liked it. The testing area, with the new set up, provided better access control.*

## 3) What's the most innovative problem solving or change that you have seen or experienced over these past two months?

*The scenarios the team thought through to reset the testing tent area was very innovative and resulted in a better outcome.*



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## 4) What's the most inspiring thing you seen or experienced?

*I've been inspired by seeing the Security Team and Front-line staff coming into work every day! They leave their families and put themselves at risk. There is no backing away – they are there for their call to duty!*

## 5) What tip/advice would you give to others right now? (What has helped you persevere during this challenging time?)

*My advice is leave work at work, and don't take it home with you. What I can't control, I don't let it get next to me!*

*My Tip is to take 5. You know, like the Al Jarreau song "Take 5." I use music as my go to, but no matter what it is for you; take a minute out for yourself. Then I take a "woo ha" (shake it off) moment before I head into my home.*

