

Coping with Worry and Stress - Wellness Tips



Wednesday 4/8/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

Here's your Tip of the day to conduct in your daily huddle.

HEAD



SAY: “I know we are trying to remember a lot of new things right now as we deal with the corona virus. Let’s take a minute to talk about it.

I would like to check in with everyone here, and I would like you to share EITHER one thing you learned today that everyone should know OR one thing you are unclear about.”

DIRECT EVERYONE TO TAKE TURNS SHARING.

SAY: “I’m glad we did this. It looks like we are as briefed as we can possibly be (or: don’t necessarily have clarity on everything, but we’re getting there).

Thanks so much for sharing, Let’s keep checking up like this, both at the beginning of the shift and throughout the day (evening). Knowledge is power!”

“The man who asks a question is a fool for a minute, the man who does not ask is a fool for life.”

— Confucius

