

Coping with Worry and Stress - Wellness Tips



Introduction -

Welcome to your “Moment for Me” Daily Activity

Dear Front-line Leaders,

Thank you for all you are doing right now to **Lead Bravely** and take care of your teams, our patients and the community. As the COVID -19 crisis continues, worry and stress is elevated. We know stress can take a toll on our physical, mental, and emotional well-being. We want to support you as a leader by providing you with a simple daily tool. We call it a “Moment for Me” activity. Each day we will provide you with a **short exercise** that you we encourage you conduct with your team during your **daily huddle meetings**. The messages will be themed around **Body, Heart, Head, and Spirit**. We will rotate the themes and messages daily to provide a variety to better engage all members of your team.

Here's today's exercise –

HEART



SAY: “These are unprecedented times for sure. Let’s take a moment to start/end our shift in the best possible way today. Over the last few days and weeks, what have you seen or experienced that has inspired you?”

GIVE YOUR OWN EXAMPLE.

ENCOURAGE EVERYONE TO SHARE.

SAY: “Thank you. You are all doing tough but important jobs, and you are role models for CARE BRAVELY. Please remember that you are very much needed and very much appreciated. OK, let’s get going.”

