

Coping with Worry and Stress - Wellness Tips



Wednesday, 9/9/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

Here’s your Tip of the Day to conduct in one of your daily huddles this week.

BODY



SAY: “Today’s Moment for Me theme is – the Body. Did you know that there are more than 50 muscles that make up your facial structure? Exercising them may help reduce facial tension and stress. Let’s focus on our face today by doing facial exercises designed to relieve tension. And here’s a perk to wearing our masks, we all won’t look so silly doing these! 😊

INSTRUCT: *(Feel free to lessen the reps below for time’s sake.)*

- 1) Happy Face:** Smile as wide as you can, hold for the count of 5 and then relax. Do 10 repetitions (reps) per set of exercises.
- 2) Slack Jaw:** Let your jaw fully relax and your mouth hang open. Bring the tip of your tongue to the highest point of the roof of your mouth. Hold this position for a count of 5, and then ease your jaw back into a resting closed mouth position. Do 10 reps per set.
- 3) Brow Furrow:** Wrinkle your forehead by arching your eyebrows as high as possible. Hold this position for a count of 15, and then let it go. Do 3 reps per set.
- 4) Eye squeeze:** Close your eyes tightly and hold this position for 20 seconds. Then, make your eyes go blank: Completely let go of all the little muscles around your eyes and stare expressionless for 15 seconds. Do 3 reps per set.
- 5) Nose Scrunch:** Wrinkle your nose, flare your nostrils, and hold for the count of 15 and then release. Do 3 reps per set.

DEMONSTRATE: for the group as you say the instructions.

SAY: “Hope you felt some benefit from those quick exercises. Remember visit the COVID-19 Wellness Site for Tips today on Celebrating Whole Grains Month, and everyone have a good shift/day.”

Quote of the Day

“Take the emotional temperature of those listening to you. Facial expressions, voice inflection and posture give clues to a person's mood and attitude.”

- John C. Maxwell

