

Coping with Worry and Stress - Wellness Tips



Wednesday 4/15/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

Here’s your Tip of the Day to conduct in your daily huddle.

HEAD



SAY: “Today, let’s use ‘what if’ questions to enhance our problem solving. Example: What if money, state regs, or staff levels weren’t an issue. What could we do to solve the problem?”

GIVE A “WHAT IF” EXAMPLE OF YOUR OWN.

SAY: “Remember: We’re smart people and we are great problem solvers. Thanks for sharing your tips. Now, let’s get to work!”

“Imagination is more important than knowledge.”

--Albert Einstein

