

# Coping with Worry and Stress - Wellness Tips



## Thursday 4/16/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

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### SPIRIT



**SAY:** “The words ‘I believe’ are a strong, compelling phrase that inspires respect and trust from patients and colleagues. Examples: ‘I believe in treating everyone with respect, no matter what.’ And ‘I believe we have the tools and people to do the job.’”

**DIRECT EVERYONE TO TAKE TURNS SHARING** things that they believe and that helps get them through tough times.

**SAY:** “I was pleased (surprised, inspired, etc.) by what you had to say. I hope the few minutes we spent on this will help you feel focused and motivated today. Let’s get to work.”

“If you don't stand for something you will fall for anything.”

— Gordon Eadie

