

Coping with Worry and Stress - Wellness Tips



Friday 4/17/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



SAY: “We’ve all got a lot on our minds today, both at home and at work. And when a lot of balls are in the air (like right now), nutritious eating can take a back seat. That can mean trouble when we need extra self-care. To do our best, we need to eat mindfully and in a way that helps our bodies. I would like to know the healthiest thing you ate today (or will eat today).”

GIVE AN EXAMPLE OF YOUR OWN. THEN ASK EVERYONE TO TAKE TURNS SHARING.

SAY: “Remember: our bodies need the right fuel to get the job done, and we all need a little extra TLC. Thanks for sharing your tips. Now, let’s get to work!”

Healthy Portable Snacks

- Jerky
- Trail mix
- Turkey roll-ups
- Greek yogurt parfait
- Veggies and yogurt dip
- Tuna
- Hard-boiled eggs.
- Peanut butter celery sticks

