

Coping with Worry and Stress - Wellness Tips



Monday 4/20/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



HEART

SAY: “We are on the frontlines of this fight, and we all have extra work and life stress right now. So, let’s get off to the best possible start today. Let’s take a minute and talk about why each of us chose a career in healthcare in the first place.”

GIVE YOUR OWN EXAMPLE.

ENCOURAGE EVERYONE TO SHARE.

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

QUOTE of the Day

“When your passion and purpose are greater than your fears and excuses, you will find a way.”

-- Anonymous

