

Coping with Worry and Stress - Wellness Tips



Tuesday 4/21/20 “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 a simple breathing mindfulness technique to help us improve our mental toughness.

INSTRUCT with a calm voice: Focus on your feet and their connection to the floor. Take a few calming breaths. Gently deepen your inhale and lengthen your exhale. Try counting to three on the inhale and on the exhale. Check in with your overall state of being. Ask yourself, “What does it feel like in my feet right now?” Whatever you notice in your feet or in your body, bring acceptance to that experience. Take a clearing breath: breathing in for four, pausing for two, and exhaling slowly.

SAY: “Everyone have a good and safe shift today and remember to pause a few times today and focus on your breathing. We’ve got this!”

Quote of the Day

“Toughness is in the soul and spirit, not in the muscles.”

--Alex Karras

