

Coping with Worry and Stress - Wellness Tips



Wednesday 4/22/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

SPIRIT



SAY: “We’ve all heard the phrase – **Laughter is the Best Medicine!**” And actually the research support this, for example, a Mayo Clinic recent study lists the short term benefits of laughter as 1) **Stimulates many organs**, 2) **Activates and relieves your stress response**, and 3) **Soothes tension**. So, let’s spend a few moments sharing our best corny jokes and let’s keep them clean and non-offensive please.”

SAY: “I’ll start. Where do you send someone who gets injured playing Peek-a-boo? to the ICU.” Here’s another... Knock Knock - Who’s there? - Broken Pencil - Broken Pencil who? – Never mind, it’s pointless.”

ASK: the team to share others.

SAY: “Boy some of those were pretty bad, but I hope it lighten your mood a bit. Remember, try to keep a sense of humor during these challenging times and have a good shift.

Quote of the Day

“As soap is to the body, so laughter is to the soul.”

— A Jewish Proverb

