

# Coping with Worry and Stress - Wellness Tips



## Friday 4/23/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

### BODY



**SAY:** “For the past month, many of us have been called heroes – and you are team! But did you know that research shows that striking a **super-hero pose improves ones confidence** for doing our super-hero thing? In as little time as two minutes, the superhero stance elevates **confidence**. It alters **hormone production**; lifting the **power** hormone and **reducing the stress** hormone. So let’s each take a deep breath and assume an open **super-hero pose and hold it for 2 minutes**.

**DEMONSTRATE:** Your best super-hero pose with the team.

**SAY:** “Wow – see I knew you all were super-heroes. Now, let’s get to work and have a good shift!”

## Quote of the Day

“I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.”

– **Superman**

