

# Coping with Worry and Stress - Wellness Tips



## Friday 4/24/20 "Moment for Me" Daily Activity

Dear Front-line Leaders,

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

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### HEART

**SAY:** "Teamwork is important to our success anytime. And now, more than ever, our ability to work as a team is critical to us overcoming the challenges we face in this battle to defeat COVID-19. Let's take a moment to recognize our team.

**ASK:** the group to fill in the blank to this sentence... Our Team is great because.....  
(Share your own idea first)

**ENCOURAGE EVERYONE TO SHARE.**

**SAY:** "Thank you. You are all doing tough and important jobs. Please remember we are a great Team! Let's continue to lift each other up and have a great shift.

### QUOTE of the Day

"The strength of the team is each individual member. The strength of each member is the team."

--*Phil Jackson*

