

Coping with Worry and Stress - Wellness Tips



Monday 4/27/20 "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 exercise our brains with 3 quick Medical Trivia questions.

Question #1 - With which troublesome illness, associated with the tropics, was the word "ague" once commonly associated? **Answer:** Malaria

("Ague" was a word that once meant fever in general, or malarial fever in particular.)

Question #2 - The surgical removal of a life-threatening growth was once known as what?

Answer: Ablation

(Ablation was a word that first began to be used in medical circles in the European world from the early 1420s. It described the removal of abnormal growths or other parts of the human body that posed a real danger to the life and health of individuals - the ablation of tonsils, for example, or a malignant tumor.)

Question #3 - The earliest example of artificial teeth discovered by science dates back to around 2500 BC. In which country in the south of North America were these found?

Answer: Mexico

(The set of artificial teeth dating back to 2,500 BC which were located in Mexico were made from animal teeth. It is believed they came from a wolf and are in amazingly good condition.)

SAY: "Ok, hopefully everyone learned something new and we are all warmed up to have a good shift!"

Quote of the Day

"The greatest weapon against stress is our ability to choose one thought over another."

—William James

