

# Coping with Worry and Stress - Wellness Tips



## Tuesday 4/28/20 “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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### SPIRIT



**SAY:** “I am hoping that all of us can say we have a happy place we can go to in our minds when we need to rejuvenate or lift our spirits. Maybe it’s an actual place or a moment in time with a loved one, a song, a prayer, or a mantra you say to yourself. Let’s take a moment and close our eyes and go to the place.

**ALLOW:** A moment of silence. At least a full 90 seconds.

**ASK:** if anyone would like to share their happy place?

**SAY:** “Hope that exercise lifted your spirits for a moment. Remember to renew your spirit often during these challenging times and have a good shift.

### Quote of the Day

“We must always change, renew, rejuvenate ourselves; otherwise, we harden.”

—*Johann Wolfgang von Goethe*

