

# Coping with Worry and Stress - Wellness Tips



## Wednesday 4/29/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



**SAY:** “Acupressure can be a helpful tool for temporarily managing anxiety and stress. Let’s take a moment to practice a simple acupressure technique. The **Shoulder Well Point** is a pressure spot that is said to help with relieving stress, muscle tension, and headaches. (It can also induce labor, so do not use this point if you’re pregnant.)

**INSTRUCT:** (See the illustration below)

1. Find the point on your shoulder muscle.
2. Pinch the muscle with your thumb and middle finger.
3. Apply gentle, firm pressure with your index finger and massage the point for four to five seconds.
4. Release the pinch as you massage the point for another 1-2 minutes.

**DEMONSTRATE:** for the group, see illustration below.

**SAY:** “Hope you felt some benefit from that exercise. Visit the COVID-19 Wellness Site for daily tips and everyone have a good shift.”

## Quote of the Day

“The mind and body are not separate. What affects one, affects the other.”

--Anonymous



Jian Jing

