

# Coping with Worry and Stress - Wellness Tips



## Thursday 4/30/20 “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:** “Finding joy in life helps us through the good times and the bad times. Let’s take a moment today to reflect on and share a simple pleasure that brings you joy. It can be anything that makes you smile or makes your heart sing.”

**ENCOURAGE EVERYONE TO SHARE.** (To get the group started, you might want to lead by example and share your own “joy” item.)

**SAY:** “Thank you for sharing and hopefully you all learned a little more about a teammate. You are all doing tough and important jobs. Remember to tap into your moment of joy when you need to for a quick pick me up. Have a great shift!”

### QUOTE of the Day

“If you carry joy in your heart, you can heal any moment.”

--Carlos Santana

