Coping with Worry and Stress - Wellness Tips

Wednesday, 8/12/20 "Moment for Me" Daily Activity

Dear Front-line Leaders,

Here's your Tip of the Day to conduct in one of your daily huddles this week.

BODY

SAY: "Today's Moment for Me theme is – the Body. Shakespeare said "the eyes are the window to the soul." Let's focus on our eyes today. How many of you experience eye strain or fatigue at times? There are several short eye exercises that you can do daily to relieve eye strain and aid eye health. Let's take a few minutes to engage in a couple of these exercises.

INSTRUCT:
1) <u>Blinking</u> - helps your eyes stay moist, allowing you to focus longer. For the next 45 seconds – blink every 4 seconds.
2) <u>Palming:</u> Close your eyes. Place your hands over your eyes. The position of your hands is important: the center of your palm should cover your eyes; your fingertips should be on your forehead; the base of your palm will rest on your cheekbone. Do not put pressure on your eyes. You should be able to blink easily. Stay like this way for one minutes.

3) <u>Figure 8:</u> Look about ten feet in front of your eyes. Imagine the number eight lying on its side. ∞ Move your eyes slowly around this reclining figure 8 for one minute. Finally, trace the figure eight in reverse for one minute.
4) <u>Focus:</u> Hold your thumb up in front of your eyes. Your thumb should be about 10 inches away. Focus on your thumb for 3-5 seconds. Change your focus to something 15 to 20 feet away for 3-5 seconds. As you change your focus, be sure to breathe deeply. Finally, go back and forth from your thumb and the far object for one minute.

DEMONSTRATE: for the group as you say the instructions. (See pictures below)

SAY: "Hope you felt some benefit from those quick exercises. Remember visit the COVID-19 Wellness Site for more eye health tips this week and everyone have a good shift."

Quote of the Day

"The world only exists in your eyes. You can make it as big or as small as you want."   – F. Scott Fitzgerald

Palming	Focus