

Coping with Worry and Stress - Wellness Tips



Wednesday 8/19/20 “Moment for Me” Weekly Activity

Dear Front-line Leaders,

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

HEAD



SAY: “Keeping our minds sharp is important and today; let’s stimulate our brains a little today with some trivia questions. Did you know that this week marks the 100th Anniversary of the ratification of the 19th Amendment – giving women the right to vote? Let’s honor that with a couple of trivia questions related to this topic.

Trivia Q #1 - In 1848, women first gathered in which city and state to begin their official fight for Suffrage?

Trivia Q #2 - Who was the president of the United States when women won the right to vote?

Trivia Q #3 - In 1868, Susan B. Anthony and Elizabeth Cady Stanton began publishing a newspaper to further the cause. What was the name of the publication? A) The Revolution B) The Lily C) Ms. Magazine D) The Woman’s Journal? *Review Answers below....*

SAY: “Hope that got our brains working a bit. Try those out with others today. Have a good shift!”

Answer 1: Seneca Falls, NY
Answer 2: Woodrow Wilson
Answer 3: A

Quote of the Day

“No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contributions of half of its citizens.” —Michelle Obama

