

Coping with Worry and Stress - Wellness Tips



Wednesday 8/26/20 “Moment for Me” Weekly Activity

Dear Front-line Leaders,

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

SPIRIT



SAY: “Hi Team – today let’s spend a little time going down memory lane. As we all naturally grow older we move farther away from our childhood. Let’s renew our spirits today by recalling a pleasant childhood memory that makes us happy. Close your eyes and take a deep breath. Reflect on the following questions as you breathe in and breathe out. Where are you? How old are you? Who’s with you? What are you doing? How are you feeling? Why does this bring you joy? Take another deep breath and stay here another minute.”

ALLOW: at least a full 30 - 45 seconds of silence.

ASK: if anyone would like to quickly share their childhood memory with the team? Or consider partnering team members up to share in pairs (staying 6ft apart of course.)

SAY: “I hope that exercise lifted your spirits for the day. Remember to tap into your inner child from time to time to remind yourself to live in the moment and reflect on what’s good in life. Have a good shift.

Quote of the Day

“See the world through the eyes of your inner child. The eyes that sparkle in awe and amazement as they see love, magic and mystery in the most ordinary things.”

–Henna Sohail

