

Coping with Worry and Stress - Wellness Tips



Wednesday 8/5/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



HEART

SAY: “Did you know that in August we celebrate International Senior Citizen’s Day? Let’s take a moment today to think of those older/senior adults who hold a special place in our hearts. (Perhaps a grandparent, aunt, uncle, sibling, parent, neighbor, friend) What are you most thankful to them for? What have you learned from them? Think of a favorite memory or a characteristic that you truly appreciate about your older/senior person. Who wants to share?”

ENCOURAGE EVERYONE TO SHARE. (To get the group started, you might want to lead by example and share a thought about an older/senior person.)

SAY: “Thank you for sharing and hopefully you all learned a little more about a teammate. Remember that our seniors are very vulnerable during this pandemic from both a physical health and social isolation standpoint. Let’s all make a commitment to check in on your special older/senior person even if just to say “Hi!” It will be appreciated. Have a great shift!”

QUOTE of the Day

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

~Sophia Loren

