

Coping with Worry and Stress - Wellness Tips



Wednesday, 7/1/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

BODY



SAY: “Today’s Moment for Me theme is – the Body. There are many different ways to warm up the body for health and stress reduction. Let’s take a few minutes to engage in a couple of easy arm exercises to get our day/shift started. (Be careful is you are nursing any shoulder injuries/ailments)

INSTRUCT: The first one is **lateral arm raises**. 1) Start with your arms naturally down by your sides and your feet apart. 2) Take a deep breath. 3) Slowly raise your arms up by your ears or to as much range of motion that you might have. 4) As you exhale slowly, lower your arms. 5) Repeat this 2-3 more times.

The second activity is **arms circles**. 1) Stand up straight with your arms out to your sides. (Helps practice physical distancing too!) 2) Take a deep. 3) Slowly move your hands forward in a small circular motion 10 times. 4) Bring them to a stop and take another deep breath. 5) Reverse the circles backwards now for 10.

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 daily tips and everyone have a good shift.”

Quote of the Day – Happy July 4th

“What’s right about America is that although we have a mess of problems, we have great capacity, intellect and resources to do something about them.

- Henry Ford

Arm raises



Arm circles

