

Coping with Worry and Stress - Wellness Tips



Wednesday 7/15/20 “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 the United Nations has designated July 30th as International Friendship Day? Let’s take a moment today to think of the special friends (living or passed) that we’ve had in our lives. What are you most thankful to them for? Think of a favorite memory or a characteristic that you truly appreciate about your friend. 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 a friend.)

SAY: “Thank you for sharing and hopefully you all learned a little more about a teammate. Remember there is still time before the 30th to plan for a nice way to celebrate, honor, and/or thank your friend. Have a great shift!”

QUOTE of the Day

“Friendship is the only cement that will ever hold the world together.”

– Woodrow T. Wilson

