

Coping with Worry and Stress - Wellness Tips



Wednesday 7/22/20 “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 – so it’s hot, hot, hot! It’s Wednesday. There’s still injustice in the world, and we are now 4 months into our battle with COVID. This said, we are still here, fighting the good fight, and I appreciate you all. Let’s take a moment to list 3 good things from the past week that brought your some happiness 😊

ALLOW: A moment of silence (at least a full 30 - 45 seconds)

ASK: if anyone would like to share their good items with the team? (Feel free to lead by example and share yours to get the team talking.)

SAY: “I hope that exercise lifted your spirits for the day. Remember to reflect on the good things in life, and find joy and happiness in them. Have a good shift.

Quote of the Day

“The key to being happy is knowing you have the power to choose what to accept and what to let go.

– Dodinsky

