

Coping with Worry and Stress - Wellness Tips



Wednesday, 7/29/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



SAY: “Today’s Moment for Me theme is – the Head/Mind. There are many ways use the mind to aid in stress reduction. Let’s take a few minutes to engage in **visual (sometimes called “guided”) imagery**. This technique is widely used for **relaxation and stress management**.

INSTRUCT: Find a comfortable stance or seated position. Close your eyes. Visualize a place, such as a garden or beach, where you feel safe and at peace. Look around this place slowly. Notice every detail. Use all your senses to make this place as real as possible. Think about what you see, feel, hear and smell. Repeat to yourself, "I’m relaxed. I’m safe here." Spend a few minutes enjoying the feeling of deep relaxation. (allow 3-4 minutes of silence) Open your eyes when you are ready.

SAY: “Hope you felt some benefit from that quick visual imagery exercise. This one you can do often and quickly. Remember to visit the COVID-19 Wellness Site for other wellness tips, which are updated weekly. Hope everyone has a good shift.”

Quote of the Day

Imagination is the only weapon in the war against reality.

– Lewis Carroll

