

# Coping with Worry and Stress - Wellness Tips



## Wednesday 7/8/20 "Moment for Me" Weekly Activity

Dear Front-line Leaders,

Here's your Tip of the Week to conduct in your daily huddle.

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### HEAD



**SAY:** "Keeping our minds sharp is important and today; let's stimulate our brains with couple of new brain teasers/riddles.

#### Brain Teaser #1 -

There are 6 apples in a basket. I take 4, but there are now 10 apples in the basket. How is this possible?

**Riddle #2 -** Where can you finish reading several books before you finish even one sentence?

Review Answers below....

**SAY:** "Well that got our brains working a bit. Try those out with others today. Have a good shift!"

**Answer 1:** I took 4 apples from a tree, and then put them in the basket.  
**Answer 2:** Prison. You'll have plenty of time to read plenty of books during a prison sentence.

### Quote of the Day

"Technology is nothing. What's important is that you have a faith in people, that they're basically good and smart, and if you give them tools, they'll do wonderful things with them. - Steve Jobs



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