

# Coping with Worry and Stress - Wellness Tips



## Wednesday 6/10/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

Here’s your Tip of the Day 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** - You are trapped in a room that is unbreakable and the door is also unbreakable and is locked. You also have a piano, and you are in the middle of nowhere. How do you escape?

**Riddle #2** - If it takes 5 storks 5 minutes to catch 5 frogs, then how long will it take 1000 storks to catch 1000 frogs?

Review Answers below....

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

**Answer 1:** You use the keys (from the piano) to get out.  
**Answer 2:** 5 minutes!!

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## Quote of the Day

"It is easier to build strong children than to repair broken men."

– Frederick Douglas

