

Coping with Worry and Stress - Wellness Tips



Wednesday 6/17/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



HEART

SAY: “This Sunday is Father’s Day. So let’s take a moment to think of our fathers and/or important father figures (living or passed) that we’ve had in our lives. Think of one characteristic your dad instilled in you, or a piece of advice he gave you, or a favorite father memory that gives you joy. Who wants to share?”

ENCOURAGE EVERYONE TO SHARE. (To get the group started, you might want to lead by example and share your favorite dad thought.)

SAY: “Thank you for sharing and hopefully you all learned a little more about a teammate. If you’re a Dad, Happy Father’s Day early! Remember to honor your dad in your own way on June 21st! See today’s weekly tip on the wellness site for the history Father’s Day and ideas to celebrate safely during the pandemic. Have a great shift!”

QUOTE of the Day

“Father’ is the noblest title a man can be given. It is more than a biological role. It signifies a patriarch, a leader, an exemplar, a confidant, a teacher, a hero, a friend.”

–Robert L. Backman

