

Coping with Worry and Stress - Wellness Tips



Wednesday 6/24/20 “Moment for Me” Weekly Activity

Dear Front-line Leaders,

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

SPIRIT



SAY: “We are a full three months into our battle with COVID-19 and we have all seen things that have made us proud of humankind, as well as things that have left us disappointed in humankind. In these moments of both pride and disappointment we all are learning. Let’s take a moment to be hopeful. What is one “hope” you have? Maybe it’s for yourself, your family, this team, LifeBridge Health, our community, our society, or humankind as a whole. Let’s take a moment to consider this.

ALLOW: A moment of silence (at least a full 45-60 seconds)

ASK: if anyone would like to share their hope with the team?

SAY: “I hope that exercise lifted your spirits for a moment. Remember to be hopeful during these challenging times and have a good shift.

Quote of the Day

“Carve a tunnel of hope through the dark mountain of disappointment.”

- Martin Luther King Jr

