

Coping with Worry and Stress - Wellness Tips



Wednesday 6/3/20 “Moment for Me” Weekly Activity

Dear Front-line Leaders,

Here’s your weekly “Moment for Me” to conduct in one of your daily huddles this week.



HEART

SAY: “June in Men’s Health Awareness Month and it’s also the month we celebrate Father’s Day. Let’s tie this to some gratitude today. Think of a man in your life that you are grateful for, maybe your dad, husband, grandfather, son, nephew, cousin, uncle, friend, or boss. What do you admire most about him? Who wants to share?”

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

SAY: “Thank you for sharing and hopefully you all learned a little more about a teammate. Remember to tell that man in your life that you honor appreciate him. Have a great shift!”

QUOTE of the Day

“Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.”

--Abraham Lincoln

