

Coping with Worry and Stress - Wellness Tips



Friday 5/1/20 "Moment for Me" Daily Activity

Dear Front-line Leaders,

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

HEAD



SAY: "Keeping our minds sharp is important and today, let's stimulate our brains with couple of riddles.

Riddle #1 - I am a protector. I sit on a bridge. One person can see right through me, while others wonder what I hide. What am I?

Riddle #2 - Given the word STANDARD, take away two letters and add three digits to make a logical sequence. (Hint - remove both A's. Do the remaining letters look familiar?)

Review Answers below....

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

Answer 1: Sunglasses (they sit on the bridge of your nose)
Answer 2: Take away the A's to leave ST ND RD. Then add 1, 2, and 3: 1ST 2ND 3RD.

Quote of the Day

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."

--Albert Einstein

