

# Coping with Worry and Stress - Wellness Tips



## Monday 5/11/20 “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:** Happy Healthcare Week Team! You all rock! For today’s Moment for Me, let’s quiet our minds for a moment and focus on improving our self-talk.

**SAY:** “Take a deep breath in and hold for a count of 4; then exhale for 4. Say something positive to yourself. (Example: I am strong, I am compassionate, I am competent, I’ve got this, I am worthy, I am confident, I am smart, etc.)”

**SAY:** “Team whatever you said to yourself – believe it! Again Happy Healthcare week and have a great shift.

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## Quote of the Day

“The way you choose to think and speak about yourself (to yourself and others), IS A CHOICE! You may have spent your whole life talking about yourself in a negative way, but that doesn’t mean you have to continue that path.”

– Miya Yamanouchi

