

# Coping with Worry and Stress - Wellness Tips



## Monday 5/13/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

### SPIRIT



**SAY:** “According to experts in the field of Positive Psychology, when we focus on activities that benefit others and utilize our unique strengths to do so, this can transcend us to a higher plane of authentic happiness.

**SAY:** “So let’s take a moment to think of a meaningful or important act that we have done for someone else recently. How did it help them? And how did it make you feel to do this act for them?”

**ASK:** “Who’s willing to share?” (Be ready to share one yourself to get the group started)

**SAY:** “You all are doing so much everyday to help others in a variety of ways. Make sure to reflect on the impact you are making for others. Doing so will help renew your spirit and keep you focused. Have a good shift!”

### QUOTE of the DAY

“Service which is rendered without joy helps neither the servant nor the served. But all other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy.”

- Mahatma Gandhi

