

Coping with Worry and Stress - Wellness Tips



Friday 5/8/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



HEART

SAY: “As we come off of celebrating Healthcare Week last week, let’s take a moment to reflect on what is most rewarding to you about working in Healthcare? Who is willing to share?”

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

SAY: “Thank you for sharing. I appreciate each of you and the way you approach your work in a Care Bravely way. Have a great day and/or shift!”

QUOTE of the Day

“You treat a disease, you win, you lose. You treat a person, I guarantee you, you’ll win, no matter what the outcome.”

- *Patch Adams*

