

# Coping with Worry and Stress - Wellness Tips



## Wednesday 5/20/20 "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 new brain teasers/riddles.

**Riddle #1** - A magician recently claimed that he had been to New York City performing a feat that no one else had accomplished. He boasted that he had walked on his hands for a mile and a half down a typical cement sidewalk before he lost his balance and fell. What is wrong with the magician's claim?

**Riddle #2** - I am only a head, I have nothing within, I have no mouth, but speak through my skin. What am I?

Review Answers below....

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

**Answer 1:** There is no such thing as a cement sidewalk in New York City or anywhere else. Sidewalks are made of concrete. Cement is merely one of the several ingredients that make up concrete. Concrete is made of sand, gravel, water, and finally cement, which is the active agent that binds all of the materials.  
**Answer 2:** A drum. Drums consist of a drumhead (the part of the drum you beat) over a hollow space, and are traditionally made with animal skin.

---

## Quote of the Day

"Anyone who has never made a mistake has never tried anything new."

--Albert Einstein

