

Coping with Worry and Stress - Wellness Tips



Friday 5/22/20 "Moment for Me" Daily Activity

Dear Front-line Leaders,

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

SPIRIT



SAY: "As we head into the Memorial Day weekend, let's take a moment to think about a family member, loved one, friend, or a complete stranger, who has served in our military and is no longer with us. Reflect on their sacrifice and let's have a brief moment of silence in their honor." (Allow 45-60 seconds)

SAY: "Thank you."

ASK: "Would anyone now like to share what their plans are for this Memorial Day weekend? (Be ready to share one yourself to get the group started)

SAY: "In many ways we are at war with this Coronavirus, and you are all making sacrifices to Care Bravely and serve our communities, patients, and your fellow team members. Thank You so much, have a good shift, and a great weekend!"

QUOTE of the DAY

"Never was so much owed by so many to so few"

- Winston Churchill

