

# Coping with Worry and Stress - Wellness Tips



## Friday 5/29/20 “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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### BODY



**SAY:** “There are many different ways to relieve stress—from lavender to stress relief toys, and more. Another great way to relieve stress is through stretching, according to the American Council on Exercise—and it's free.

**INSTRUCT:** Ear to shoulder neck stretch 1) Take a deep breath 2) As you exhale tilt your head, bringing your right ear to your right shoulder until you feel a stretch. 3) Using your left hand, apply slight pressure. You will feel the stretch along the left side of your neck. 4) Hold for 30 seconds. 5) Now let’s do the other side –repeat instructions.

**DEMONSTRATE:** for the group as you say the instructions.

**SAY:** “Hope you felt some benefit from those stretches. Remember visit the COVID-19 Wellness Site for daily tips and everyone have a good shift.”

## Quote of the Day

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.”

--Helen Keller

