

# Coping with Worry and Stress - Wellness Tips



## Monday 5/4/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

### SPIRIT



**SAY:** “May the 4<sup>th</sup> be with you Team! Let’s see a show of hands – how many of you are Star Wars Fans? Now, raise your hand if you have never seen a Star Wars movie? (Acknowledge both groups positively – no shaming please 😊)

**SAY:** “If you are a fan, you know that the phrase is actually – may the **force** be with you. The force is described as “an energy field created by all living things. It surrounds us, penetrates us, and binds the galaxy together.” This is kind of a nice thought of unity isn’t it? In the movie series, the Jedi use the power of the force for good, and the Dark side uses it for evil.

**ASK:** What are some of your favorite Star Wars movie quotes? (Examples below)

**SAY:** “So today, May the 4<sup>th</sup>, we are all honorary Jedi, doing great work, collaborating, and using our energy (the force) for “good.” May the force be with you; always.” Have a good shift!

### Some Famous Star Wars Quotes -

“Help me, Obi-Wan Kenobi. You’re my only hope.” — Princess Leia

“The Force will be with you. Always.” — Obi-Wan Kenobi

“Never tell me the odds!” — Han Solo

“Do. Or do not. There is no try.” — Yoda

“When gone am I, the last of the Jedi will you be. The Force runs strong in your family. Pass on what you have learned.” — Yoda

“I’ll *never* turn to the dark side. You’ve failed, your highness. I am a Jedi, like my father before me.” — Luke Skywalker

“You can’t stop the change, any more than you can stop the suns from setting.” — Shmi Skywalker

“The fear of loss is a path to the dark side. - Yoda

“The shadow of greed that is. Train yourself to let go of everything you fear to lose.” — Yoda

