

# Coping with Worry and Stress - Wellness Tips



## Wednesday 5/6/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



**SAY:** “We are staying with the Acupressure theme as a tool for temporarily managing anxiety and stress. Let’s take a moment to practice a simple acupressure technique. The **Hand Valley Point** is a pressure spot that is said to help with relieving stress, migraines, and reduces pain in the shoulders, neck and teeth. (It can also induce labor, so do not use this point if you’re pregnant.)

**INSTRUCT:** (See the illustration below)

1. With your index finger and thumb, apply firm pressure to the webbing between the thumb and index finger of your other hand.
2. Massage the pressure point for four to five seconds, taking slow, deep breaths.

**DEMONSTRATE:** for the group, see illustration below.

**SAY:** “Hope you felt some benefit from that exercise. Visit the COVID-19 Wellness Site for daily tips and everyone have a good shift.”

## Quote of the Day

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”

— Amit Ray

