

Coping with Worry and Stress - Wellness Tips



Friday 5/8/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



HEART

SAY: “This Sunday marks the 106th celebration of Mother’s Day! We all know how important and precious family is and our moms are often the center of the family unit. So let’s take a moment to think of our moms and/or important mother figures (living or passed) that we’ve had in our lives. Think of one characteristic your mom instilled in you, or a piece of advice she gave you, or a favorite mom memory that gives you joy. Who wants to share?”

ENCOURAGE EVERYONE TO SHARE. (To get the group started, you might want to lead by example and share your favorite mom thought.)

SAY: “Thank you for sharing and hopefully you all learned a little more about a teammate. If you’re a Mom, Happy Mother’s Day early! Remember to honor you mom in your own way this Sunday! Have a great shift!”

QUOTE of the Day

“I love my mother as trees love water and sunshine. She helps me grow, prosper, and reach great heights.”

– Terry Guillemets



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