

Coping with Worry and Stress - Wellness Tips



Wednesday 9/16/20 “Moment for Me” Weekly Activity

Dear Front-line Leaders,

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

HEAD



SAY: “Keeping our minds sharp is important and today; let’s stimulate our brains a little with some trivia questions. Let’s focus our questions on this beautiful month of September.

Trivia Q #1 – Most of us might know that the September gemstone is the Sapphire, but what is the official flower of September?

Trivia Q #2 – In 1968, Congress established the first Hispanic Heritage Week and in 1988 expanded the celebration to a month. In 2019, the US Hispanic population had grown to A) 41 Million, B) 51 Million C) 61 Million D) 71 Million?

Trivia Q #3 - In September of what year did the TV shows ER and Miami Vice premier?

Review Answers below....

SAY: “Hope that got our brains working a bit. Try those out with others today. Have a good shift!”

Answer 3: 1984

Answer 2: C, up from 50.7 Million in 2010. This makes Hispanics the nation's second-fastest-growing racial or ethnic group after Asian Americans.

Answer 1: Morning Glory

Quote of the Day

“By all these lovely tokens September days are here. With summer’s best of weather and autumn’s best of cheer.”

-unknown

