

Coping with Worry and Stress - Wellness Tips



Wednesday 9/2/20 "Moment for Me" Daily Activity

Dear Front-line Leaders,

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



HEART

SAY: "Wow – it's September already and the summer is winding down as Labor Day is this weekend!" This has been a summer like none other due to the pandemic that still remains top of mind for us all. But, let's take a moment to share a special summer memory with each other. What is one positive memory that you will take away from this crazy Summer 2020? Who wants to share?

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

SAY: "Thank you for sharing and hopefully you all learned a little more about a teammate. Enjoy the rest of your September and you Labor Day weekend! Have a great shift!"

QUOTE of the Day

"One must maintain a little bit of summer, even in the middle of winter."
– Henry David Thoreau

(SPECIAL LABOR DAY Quote)

"All labor that uplifts humanity has dignity."
— Martin Luther King, Jr.

