

Coping with Worry and Stress - Wellness Tips



Wednesday 9/23/20 “Moment for Me” Weekly Activity

Dear Front-line Leaders,

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

SPIRIT



SAY: “Hi Team – So school is back in session although it’s been a very different start to any school year we have experienced. Let’s take a moment to reflect on a teacher/professor from your past who had an impact on you. What knowledge, skill or attribute did you learn/gain from this teacher/professor that helped you in your life/career?”

ASK: if anyone would like to quickly share their thoughts about their teacher/professor, and the lessons learned? (If needed, lead by example and share your story.)

SAY: “I hope that exercise lifted your spirits for the day. Remember to be grateful for the lessons from that teacher/professor and to pay it forward as you mentor you own children and/or others you may be training/coaching. Have a good shift.”

Quote of the Day

“One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings.”

– Carl Jung

