

Coping with Worry and Stress - Wellness Tips



Wednesday 9/30/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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



HEART

SAY: “As we look to leave September 2020 behind, let’s reflect on something you were grateful for during this month and one thing you are looking forward in October?”

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

SAY: “Thank you for sharing and hopefully you all learned a little more about a teammate. Have a great rest of you shift/day!”

QUOTE of the Day

“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.

--Charles Dickens

