

Coping with Worry and Stress - Wellness Tips



Friday 4/10/20 “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 focus on others, let’s not lose sight of the great things we see in each other. Let's take a moment to share a positive comment or attribute about each person on this team.

I will start and then the next person picks someone else, and so on."

PROVIDE AN EXAMPLE: "Sally, you are so compassionate, and it does not go unnoticed. Sally, it's now your turn to pick someone and comment..."

SAY: “That felt really good. Thank you for your comments. Wow. Don't we have a great team! Now let's hit the floors and share that with others!"

“Praise is the only gift for which people are really grateful.”

Lady Marguerite Blessington

