

Coping with Worry and Stress - Wellness Tips



Monday 4/13/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

BODY



SAY: “We all know how important it is to take care of ourselves right now so that we can take care of others – now more than ever. Right now, I would like to hear the one thing each of you are doing (or will do) today to take good care of yourselves.”

GIVE AN EXAMPLE OF YOUR OWN. THEN ASK EVERYONE TO TAKE TURNS SHARING.

SAY: “I’m glad to know you’re doing positive things to help yourselves, no matter how intense things get around here. Also, I learned a few new things from you that I can try myself. Thank you! Now, let’s get to work!”

“Just when you feel you have no time to relax, know that this is the moment you most need to make time to relax.”

— Matt Haig

