

# Coping with Worry and Stress - Wellness Tips



## Tuesday 4/14/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

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### HEART



**SAY:** “Let’s talk about **compassion** today. This team excels at showing kindness and tolerance to our patients and families, but what about each other?”

**ASK:** “What are some things we can do to show compassion to each other today?”  
(Answers will vary.)

**GIVE AN EXAMPLE OF YOUR OWN.** (For instance, you might say: “For those of you who have children at home, I know you worry about them, and it can be challenging to keep them occupied. So, take as many breaks as you need to check in with them. Just make sure you’ve checked with your team leader.”)

**ASK EACH TEAM MEMBER TO GIVE AN EXAMPLE, AS WELL.**

**SAY:** “I really liked hearing your ideas. Let’s apply them today and every day.”

### QUOTE of the Day

“There is no exercise better for the heart than reaching down and lifting people up.”

-- John Holmes

