

Coping with Worry and Stress - Wellness Tips



Thursday 4/9/20 “Moment for Me” Daily Activity

Dear Front-line Leaders,

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

SPIRIT



SAY: “Let’s take a minute right now to send some positive vibes to whomever is in our hearts and minds. For the next minute, let’s be silent.

During that minute, please lift someone up, perhaps someone who needs some extra strength today. (Maybe that someone is you.) Whether it’s a prayer or just a positive thought, be positive in your intention and know that we have our group effort behind this.”

AFTER A MINUTE, SAY: “No matter who or what you were thinking about during the last minute, I hope each of you are feeling more centered and energized. OK, let’s take that energy and pass it on.”

“A rising tide lifts all boats.”

John F. Kennedy

