



mainewell bliss

NURTURING MENTAL HEALTH IN HOSPITALITY

As we celebrate Mental Health Awareness Month and Mother's Day this May, I'm shining a spotlight on the incredible moms and new moms within our company. From serving our guests day in and day out to managing the demands of parenthood, their dedication is truly remarkable.

To support these extraordinary women, I'm sharing tips for navigating work in the 24x7 industry. From Promoting selfcare, to delegating responsibilities.

Here's to celebrating and uplifting the incredible moms who contribute so much to our team and our guests

Delegation: It's okay to delegate tasks at work and at home to reduce overwhelm and maintain that balance.

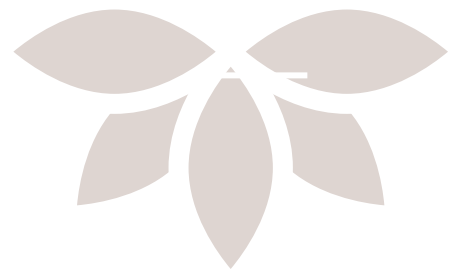
Build Support: I encourage you to reach out to other moms within our Maine Course Community. It's tough navigating the 24x7 industry, why not reach out to Mom's that understand the demands.

Compassion for yourself: Be kind to yourself! It's ok to take small breaks throughout your day to recharge.

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Hospitality leader and
wellness advocate





For more tips like this:

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"Life is 10% what happens to us
and 90% how we react to it"

