

# Coping with Worry and Stress - Wellness Tips



Welcome to your WEEKLY dose of wellness!

This week's message: **BALANCE AWARENESS**



Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health "Care Bravely" Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit*.

This week's message is Balance Awareness! Let's raise our awareness of balance-related disorders by making "vestibular" a household word that everyone can easily understand, so that people who lose their balance can be more rapidly diagnosed, effectively treated, and gain the empathetic support they need from friends, family, and co-workers. **Please explore these resources** to learn more.



[What is Vestibular?](#)

[Audiology.org/Balance Awareness](https://www.Audiology.org/Balance-Awareness)



[6 Simple Ways to Regain Balance & Prevent Falls](#)

[5 Exercises for Better Balance](#)



[14 Exercises for Seniors to Improve Strength & Balance](#)

[Test Your Own Balance](#)

[The Road to Balance](#)

