

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: BEING ACTIVE

Many of us are staying home these days (“social distancing”) to protect ourselves and our family during the pandemic. This enforced hibernation can have negative effects like depression, irritability, and weight gain. Fortunately, there are plenty of ways to counter these tendencies, especially when we access the energy and power in our *bodies, hearts, head, and spirit.*

Today's topic, “Being Active,” offers you some fun, simple tips to keep your body moving. Check out these links!

Virtual Dance Parties



[DJ d-nice](#)

[Quarantine Dancy Party](#)

[Classic 60s TV Show Dance Party](#)

[Cha Cha, Lets Twist Again remix / Chubby Checker](#)

[Footloose: Marquette School of Dentistry!](#)

Get Moving!



[Live Yoga for LBH employees via ZOOM](#) (Mondays, Wednesdays, and Fridays at 3pm)

JUST FOR KIDS: [Yoga for Kids!](#)

[10 Minute Yoga Stretch](#)

[30 Minute Low Impact Exercise for Beginners](#)

[30 Minute Fast Walking High Energy](#)

[Low Impact Workout for TOTAL Beginners](#)

[Disco Funk 10 Minutes](#)

