

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: CLEAN



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, “Clean,” includes tips on how to organize, clean, and declutter your home office and living space. Check out these links!



[10 Organization Tips for a Small Closet](#)

[Closet Re-org](#)

[Pantry Makeover](#)

[Whole House Ultimate Clean](#)

FOR THE FAMILY: [Whole Family Chore Routine](#)

FOR THE FAMILY: [Teach Your Kids to Clean](#)

FOR KIDS ONLY: [It's Time to Clean Up SONG](#)

[5 Quick Ways to Organize Your Home Office](#)

[10 Home Office Hacks to Get You Organized Now](#)

[\\$1 Solutions to Organizing Your Home](#)

