

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **CONNECTING** with **PEOPLE**



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, “Connecting with People,” includes ideas and tips for connecting with others during this time of “physical distancing.” Whether you are an introvert or an extrovert, we all need some degree of social contact to find balance in your life and promote your physical, mental, and emotional well-being. Check out these links!



[9 Creative Ways to Stay Connected with Remote Coworkers](#)

[Ideas for Connecting with Your Kids](#)



[How to Not Practice Emotional Distancing](#)

[11 Creative Ways to Connect During Social Distancing](#)

[The Art of Socializing During a Quarantine](#)

[Make and Mail Your Own Cards](#)



[Top 10 Best Free Social Apps](#)

Just For Kids: [5 Best and Safe Kids Social Media Apps](#)

