

Coping with Worry and Stress - Wellness Tips



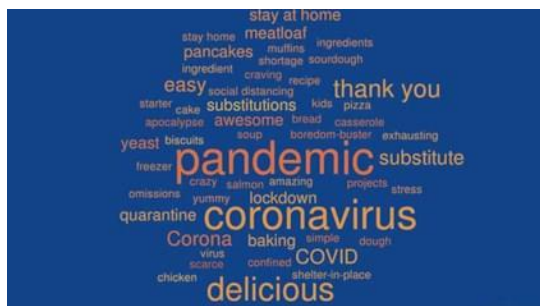
Welcome to your daily dose of wellness!

Today's Message: **COOK**



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, “Cook,” includes ideas on unleashing our hidden culinary talents in the kitchen! Eating well is important to our general wellbeing and to helping find balance during this challenging time. Check out these links!



[Easy Quarantine Cooking Recipes](#)

[LifeBridge Health Stronger Hearts Recipes](#)

[NY Times - Easy Quarantine Recipes](#)



JUST FOR KIDS: [Recipes Kids Can Make](#)

[Advice For Cooking With Kids](#)

[Eating Healthy During Quarantine](#)

[Eat This, Not That!](#)

[Good Housekeeping 2020 Best Grocery Delivery](#)

[The Maryland Food Bank](#)

