

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **CREATE**

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, "Create," explores lots of ways you and your family can tap into your creative sides.



JUST FOR KIDS: [Mr. Doodle](#)

JUST FOR KIDS: [No Mess Activities for Toddlers](#)

[17 Cool Crafts You Can Make with Household Items](#)

[15 Things to do When You're Bored](#)

[How to Create a Memory Book](#)



[5 Gardening Tips that Really Work](#)

[Craft Bonanza: 10 Things You Would Have Thrown Away](#)



[8 Simple Hacks to Improve Your Life](#)

[Wait! You Can Make a Hanger Do What?!](#)

[95 Things to Do When You're Bored at Home](#)

