

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **EXPRESSION**



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, “EXPRESSION,” is intended to help you enable your natural, human emotions. Laugh, cry, sing, shout, scream! Involve your kids, too. Check out these links (to an article or a video).



[How Does Laughter Work?](#)

[How to Process Your Emotions](#)

[The Power of Silence](#)

[Why Men Don't Talk About Their Emotions](#)



[Quiz: Happiness at Work](#)

[Quiz: How Awe-some is Your Life?](#)

Staff Pick

[How to Talk to Your Kids About Emotions](#)

[Why Mindfulness is a Superpower](#)



JUST FOR KIDS: [Freeze Dance/Game](#)

JUST FOR KIDS: [Calming Exercises for Kids](#)

JUST FOR KIDS: [Best Riddles for Kids](#)

JUST FOR KIDS: [Germs, Germs, Germs](#)

Staff Pick

