

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **Honoring our Fathers**

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Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health "Care Bravely" Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit*.

Today's topic is Honoring our Fathers! This Sunday marks the 48<sup>th</sup> celebration of Father's Day! The nation's first unofficial Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972 - 58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. We all know how important and precious family is and our Fathers are often an icon of the family unit. If you are blessed to still have your dad or father figure in your life, make sure to connect with them this weekend. During these times of physical distancing connecting with a physical touch might be off limits, but do get creative, and make an emotional connection with them. For those who have lost their dads, our condolences, and we hope that you will take a moment to reflect on how your father or father figure impacted your life and honor them in your own way. Check out these links! Enjoy!



[The History of Father's Day in the US](#)

[Get Creative to Celebrate Dad](#)

**JUST FOR KIDS:** [Celebrating Fathers for Kids](#)



[Amazon Best Father's Day Gifts](#)

[Celebrating Father's Day Safely during COVID-19](#)



[25 Great Movies about Fathers](#)

