

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: HEAD/MIND

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, “HEAD/MIND,” is intended to help you nurture yourself (and your kids) via self-reflection, mental stimulation, and mindfulness. Check out these links (to an article or a video).



[How Emotionally Intelligent Are You?](#)

[How Sleep Makes You Smart](#)

[How to Make Stress Your Friend](#)

[How to Meditate: A Guide for Beginners](#)



[Mindfulness Sessions for LBH employees via ZOOM](#)
(BCAC facilitated - Tuesdays and Thursdays at 3 pm)

[Harvard Health: Six Relaxation Techniques](#)

[7 Riddles That Will Test Your Brain Power](#)



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

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

