

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: KIND



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, “Kind,” helps you take a deeper dive into the Zen of kindness. Check out these links!



[Be Kind to Yourself \(Psychology Today\)](#)

[30 Ways to Be Kinder and Happier](#)

[25 Ways to Be Kind](#)

[Sample Acts of Kindness](#)

[Acts of Kindness](#)

[20 Acts of Random Kindness](#)

JUST FOR KIDS: [Kids Explain: Why Be Nice?](#)

JUST FOR KIDS: [Kids Caught Doing Good Things](#)

JUST FOR KIDS: [The Kindness Rocks Project](#)

