

Coping with Worry and Stress - Wellness Tips



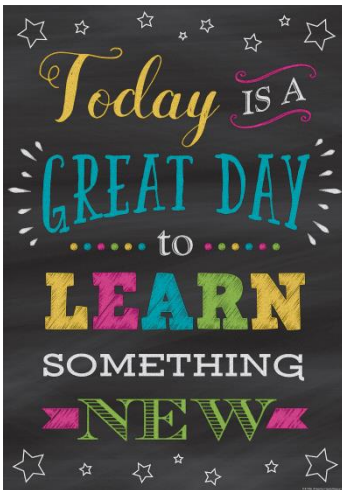
Welcome to your daily dose of wellness!

Today's Message: LEARN



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, “Learn,” includes ideas and tips for challenging yourself to learn something new every day as a means to find balance in your life and promote your physical, mental, and emotional well-being. Check out these links!



[How to Learn Something New Everyday \(15 Minutes or Less\)](#)

[Develop Good Habits - 101 New Skills to Learn](#)

[How Adults Learn Best - 5 Primary Principles](#)

[Want to Learn Better? Start Mind Mapping - Ted Talk](#)

[How Children Learn Best](#)

Just For Kids: [A to Z Activities for Kids and Parents](#)

Just For Kids: [30 Cool Things Kids can Learn On-line](#)



[Becoming a Tech Savvy Senior in 10 Days](#)

[Senior Technology Help During Coronavirus](#)

