

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **MEND**



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, “MEND,” includes ideas and tips on performing do-it-yourself repairs! From home-improvement to sewing, doing it yourself can be a self-satisfying endeavor. It can create a pathway for us to learn something new and use our hands. Another aspect of MEND offers tips on repairing a relationship that has suffered harm. Both forms of “Mend” topics are important to our general wellbeing and to helping find balance during this challenging time. Check out these links!



[The Benefits of Do-It-Yourself \(DIY\) Repairs](#)

[52 Ideas for DIY Home Projects](#)

[15 Quick Fixes to Make Around Your House](#)



[8 Easy DIY Car Repairs](#)

[7 Simple Sewing Repairs](#)



[Basic DIY Bike Repairs](#)

[4 Ways to Heal Family Wounds](#)

[4 Ways to Heal a Broken Friendship](#)

