

Coping with Worry and Stress - Wellness Tips



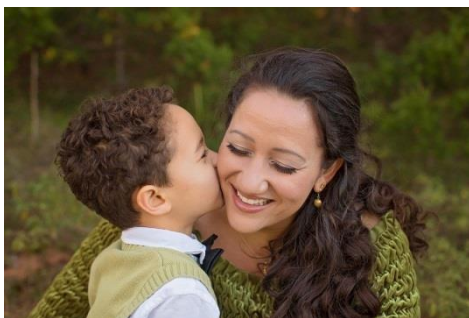
Welcome to your daily dose of wellness!

Today's Message: **LOVE Our Moms**



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 LOVE our Moms! This Sunday marks the 106th celebration of Mother's Day! We all know how important and precious family is and our moms are often the center of the family unit. If you are blessed to still have your mom or mother 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 moms, our condolences, and we hope that you will take a moment to reflect on how your mom or mother figure impacted your life and honor them in your own way. Check out these links! Enjoy!



[The History of Mother's Day](#)

[58 Great Mother's Day Gift Ideas](#)



[Celebrating Mother's Day During the Quarantine](#)

[Hallmark - Messages for Mom](#)



[Ideas to Honor Our Deceased Moms](#)

JUST FOR KIDS - [Make Mom's Gift](#)

