

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: NURTURE and NATURE



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, “Nature,” includes tips on how to connect to Mother Earth to find balance in your life and promote your physical, mental, and emotional well-being. Check out these links!



[Maryland State Parks - What Activities Can I Still Do?](#)

[Getting Back to Nature while Social Distancing](#)

[Nature Podcasts with Chris Morgan](#)

[Nature on PBS](#)

[Top 20 Nature Lovers and Naturalists Youtube Channels](#)

JUST FOR KIDS: [National Wildlife Federation - Ranger Rick](#)



[10 Ways to Give Back to the Planet](#)

[10 Steps to Gardening for Beginners](#)

[17 Tips for Apartment-Balcony Gardening](#)

JUST FOR KIDS: [Gardening with the Kids](#)

