

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **PLAN**



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*.

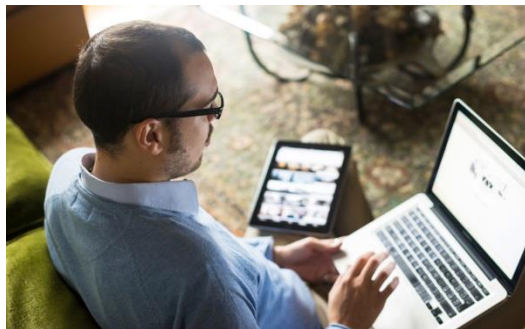
Today's topic, “Plan,” includes ideas and tips for planning. Right now so much feels out of our control, however, the one thing that is always in our control is how we choose to respond to our current situation. So why not spend some time planning for what the future might bring. In this way, you can strive to find balance in your life, and promote your physical, mental, and emotional well-being. Check out these links!



[Setting SMART Goals - Free Template](#)

[Goal Setting - Theory of Motivation](#)

Just For Kids: [5 Fun Goal Setting Activities For Kids](#)



[6 Steps to Creating a Personal Budget](#)

[8 Best Budgeting Apps for 2020](#)

[20 Tips to Save Money](#)

[54 Ways to Save Money](#)



[Creating a Bucket List](#)

[How Making Lists Can Quell Anxiety & Breed Creativity](#)

