

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **LET'S DO A PULSE CHECK**



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 “Let's do a Pulse Check!” OK, so we are two full months into the Pandemic and we are all living in a new normal. We've been sharing daily tips to help you cope with worry and stress. Let's do an inventory check of the daily tips. How many have you reviewed and hopefully implemented to help you and your family members with well-being? Check all that apply.

- Read “Coping with Worry & Stress
- Finding Balance
- How Animals support us
- Be Creative
- Engaging your Head & Mind
- Read about “The Worry Decision Tree”
- Be Active!
- Expression Yourself
- Music – Feel the Beat
- Self-care
- Cleaning and Organizing
- Kindness

- Nature & Nurture
- Try Something New
- Connect with People
- Learning
- Plan
- Watch
- Cook
- Mend & Repair
- D.E.A.R (Drop Everything And Read)
- Write Something
- Reflection
- Optimism

If you missed any of these, please visit the [LifeBridge Health Wellness Page](#)

Another way to stop and do a Pulse Check is to engage in a few self-assessments. See this link for a [Variety of Self Assessments](#).

Quote for the Day:

“Your strength will be found when you stop struggling with yourself, instead of thinking everyone is a struggle worth overcoming. Every obstacle in life is a lesson that teaches us, not others.”

— Shannon L. Alder

