

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: REFLECTION



It has been six weeks now that we have been dealing with the Coronavirus Pandemic. Whether you are on the front lines of one of our outstanding facilities supporting patients, 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’ve been sharing daily tips and resources with you and we hope you’ve found something helpful for your current situation. The themes have been centered on *body, heart, head,* and *spirit*. For today, let’s engage in a look back, a look at the present, and reflect on what it all means individually for us.

Today’s topic, “REFLECTION,” includes a number of resources to help you stop and reflection on how you may be processing the changes you have faced as a result of COVID-19. Some resources point to our personalities and give us some insights into ourselves and others. There is no right or wrong in this. We all will follow our own path to find our way forward. Stop, reflect, and learn. Check out these links!



[Gibbs Self Reflection Cycle Tool](#)

[Self Reflection Can Drive Happiness](#)

[Tips For Introspection](#)

[Why Self Reflect?](#)



[Myers Briggs Types in Quarantine](#)

[Increasing Self-Awareness Activities](#)

[Reflective Journaling](#)

“Honest self-reflection opens your mind to reprogramming, change, success and freedom.”

—Unknown

