

# Coping with Worry and Stress - Wellness Tips



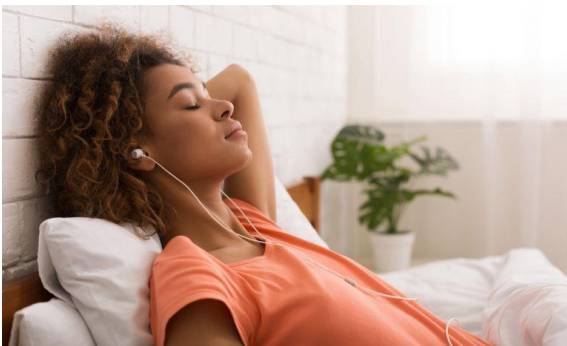
Welcome to your daily dose of wellness!

Today's Message: SELF-CARE



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, “Self-Care,” includes tips on how to be good to yourself and find balance to support your physical, mental, and emotional well-being. Unlike other wellness tips we've provide where we have something for the family and kids. These tips are all about YOU – hence the phrase “self-care.” Check out these links!



[Daily Good Wellness Tips](#)

[Top 10 Breathing Exercises](#)



[Relaxation Techniques for Stress Relief](#)

[The Stress Relief Bath](#)



[101 Self-Care Ideas for Moms](#)

[Working Dads Need "Me Time" Too](#)

[Tips for Remote Working Parents](#)

