

# Coping with Worry and Stress - Wellness Tips



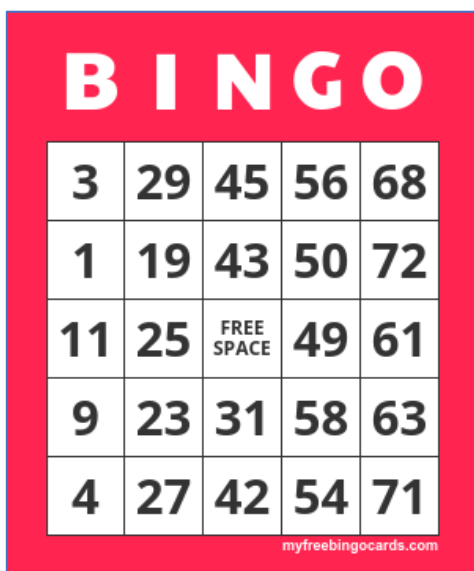
Welcome to your daily dose of wellness!

Today's Message: TRY SOMETHING NEW



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, “Try Something New,” suggests a variety of things you can do to shake your cabin fever: try a new food, listen to some new music, watch a new TV show or movie, wear some new clothes, play a game, do something spontaneous, express yourself!



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