

# Coping with Worry and Stress - Wellness Tips



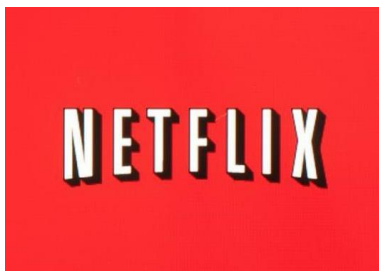
Welcome to your daily dose of wellness!

Today's Message: WATCH



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, “Watch,” includes ideas on accessing the best of entertainment programming available through your cable provider and review sites like Rotten Tomatoes.



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