

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **WRITE**



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, “Write,” includes a number of resources to help you put it all down on paper (or on your computer). Writing clearly, creatively, and authentically will help you process everything that's been happening to you. Check out these links!



[How to Start a Blog](#)

[How to Begin Journaling](#)

[23 Free Downloadable Writing Templates](#)

[12 Creative Writing Templates](#)

[Write Your Way Out of an Emotional Funk](#)



[Top Ten Grammar Girl Podcasts](#)

[10 Ways to Make Writing Fun](#)

[132 Questions to Ask Yourself to Reflect on Purpose](#)

FOR KIDS ONLY: [8 Great Writing Tips for Kids](#)

FOR KIDS ONLY: [Writing a Personal Narrative \(Kids\)](#)

“Here's the thing: The book that will most change your life is the book you write.”

--Seth Godin

