

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **HEAD/MIND**

Today's topic, "HEAD/MIND," is intended to help you nurture yourself (and your kids) via self-reflection, mental stimulation, and mindfulness. Check out these links (to an article or a video).



[How Emotionally Intelligent Are You?](#)

[How Sleep Makes You Smart](#)

[How to Make Stress Your Friend](#)

[How to Meditate: A Guide for Beginners](#)



[Harvard Health: Six Relaxation Techniques](#)

[7 Riddles That Will Test Your Brain Power](#)

JUST FOR KIDS: [Calming Exercises for Kids](#)



JUST FOR KIDS: [Best Riddles for Kids](#)

