

# Coping with Worry and Stress - Wellness Tips

Welcome to your daily dose of wellness!

Today's Message: **Honoring our Fathers**

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Today's topic is Honoring our Fathers! The nation's first unofficial Father's Day was celebrated on June 19, 1910 in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. We all know how important and precious family is and our fathers are often an icon of the family unit.

If you are blessed to still have your dad or father figure in your life, make sure to connect with them this weekend. For those who have lost their dads, our condolences, and we hope that you will take a moment to reflect on how your father or father figure impacted your life and honor them in your own way. Check out these links! Enjoy!

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[The History of Father's Day in the US](#)

[Get Creative to Celebrate Dad](#)

**JUST FOR KIDS:** [Celebrating Fathers for Kids](#)



[Amazon Best Father's Day Gifts](#)

[Celebrating Father's Day Safely during COVID-19](#)



[25 Great Movies about Fathers](#)

