

Coping with Worry and Stress - Wellness Tips

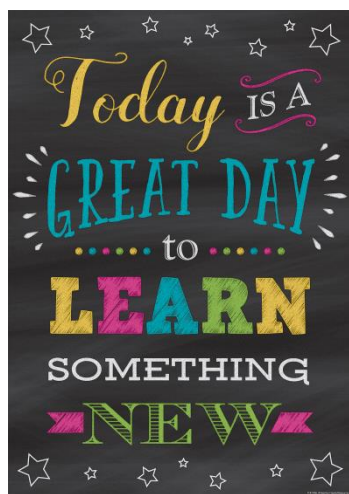


Welcome to your daily dose of wellness!

Today's Message: **LEARN**



Today's topic, "Learn," includes ideas and tips for challenging yourself to learn something new every day as a means to find balance in your life and promote your physical, mental, and emotional well-being. Check out these links!



[How to Learn Something New Every Day \(15 Minutes or Less\)](#)

[Develop Good Habits - 101 New Skills to Learn](#)

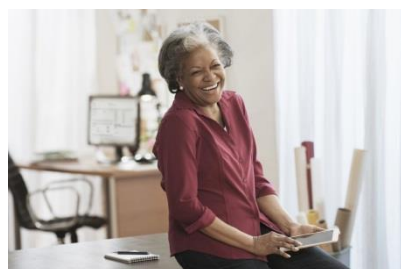
[How Adults Learn Best - 5 Primary Principles](#)

[Want to Learn Better? Start Mind Mapping - TED Talk](#)



Just For Kids: [A to Z Activities for Kids and Parents](#)

Just For Kids: [30 Cool Things Kids can Learn On-line](#)



[Becoming a Tech Savvy Senior in 10 Days](#)

[Senior Technology Help During Coronavirus](#)

