

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **MAY THE FOURTH**



May 4<sup>th</sup> has in recent decades become affectionately known as STAR WARS day, as the date relates to the mainstay phrase – “May the force be with you.” For those of you who have never seen a Star Wars movie, the force is described as “an energy field created by all living things. It surrounds us, penetrates us, and binds the galaxy together.” This is kind of a nice thought of unity isn't it? In the movie series, the Jedi use the power of the force for good, and the Dark side uses it for evil. Yes, it's make believe, but let's escape from our reality for a moment and explore some fun links and some sage advice from several of the Star Wars Saga characters. Check out these links! Enjoy!



[Star Wars Touches Families Across the Globe](#)



[Star Wars Explained - The Theories](#)

[Star Wars Story Guide](#)

[Important Star Wars Terms](#)



[Star Wars Trivia](#)

[100 Most Epic Star Wars Quotes of All Time](#)

“You must unlearn what you have learned.” - Yoda

