

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **MEND**



Today's topic, "MEND," includes ideas and tips on performing do-it-yourself repairs! From home-improvement to sewing, doing it yourself can be a self-satisfying endeavor. It can create a pathway for us to learn something new and use our hands. Another aspect of MEND offers tips on repairing a relationship that has suffered harm. Both forms of "Mend" topics are important to our general wellbeing and to helping find balance during this challenging time. Check out these links!



[52 Ideas for DIY Home Projects](#)

[15 Quick Fixes to Make Around Your House](#)

[8 Easy DIY Car Repairs](#)



[7 Simple Sewing Repairs](#)

[Basic DIY Bike Repairs](#)



[4 Ways to Heal Family Wounds](#)

[4 Ways to Heal a Broken Friendship](#)

