

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

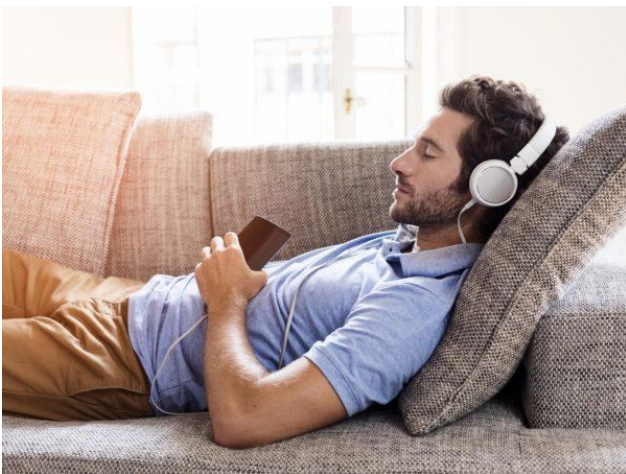
Today's Message: **MUSIC**



Many of us are staying home these days (“social distancing”) to protect ourselves and our family during the pandemic. This enforced hibernation can have negative effects like depression, irritability, and weight gain. Fortunately, there are plenty of ways to counter these tendencies, especially when we access the energy and power in our *bodies, hearts, head, and spirit.*

Today's topic, “Music,” offers you some fun, simple tips to access music sites and activities. Check out these links!

## To Relax



[Classical Music for Stress Reduction](#)

[Jazz Cover of Popular Songs](#)

[Relaxing Sunday Morning: Indie/Folk/Pop Playlist](#)

## To Energize



[New York Times Pop cast](#)

JUST FOR KIDS [What a Treat](#)

JUST FOR Kids [Sing Along for Kids](#)

