

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **REFLECTION**



Today's topic, "REFLECTION," includes a number of resources to help you stop and reflection on how you may be processing the changes you have faced as a result of COVID-19. Some resources point to our personalities and give us some insights into ourselves and others. There is no right or wrong in this. We all will follow our own path to find our way forward. Stop, reflect, and learn. Check out these links!



[Gibb's Self Reflection Cycle](#)

[Self-Reflection Can Drive Happiness](#)

[Tips for Introspection](#)

[Why Self Reflect?](#)

[Myers Briggs Types in Quarantine](#)

[Increasing Self-Awareness Activities](#)



"Honest self-reflection opens your mind to reprogramming, change, success and freedom."

—Unknown

