

Coping with Worry and Stress - Wellness Tips

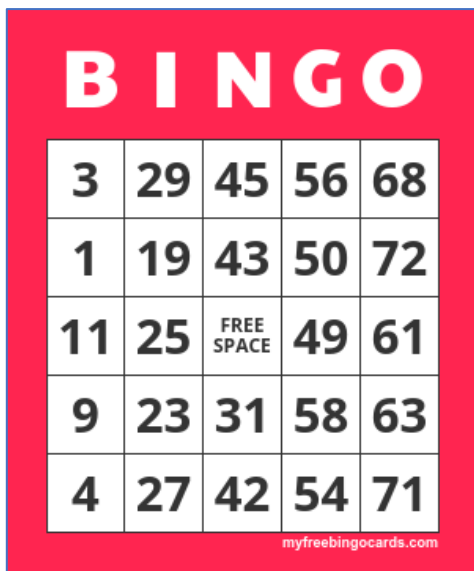


Welcome to your daily dose of wellness!

Today's Message: TRY SOMETHING NEW



Today's topic, "Try Something New," suggests a variety of things you can do to shake your cabin fever: try a new food, listen to some new music, watch a new TV show or movie, wear some new clothes, play a game, do something spontaneous, express yourself!



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