

**Various Links on eating healthier, reducing stress and worry, exercising, getting enough sleep, developing healthy habits, etc..**

[https://www.jedfoundation.org/id-like-some-tips-to-manage-stress-and-worries/?utm\\_medium=email&utm\\_campaign=2020-03-11%20Coronavirus%20resources-The%20JED%20Team-COVID-19%20and%20managing%20mental%20health-GeneralNS&utm\\_content=2020-03-11%20Coronavirus%20resources-The%20JED%20Team-COVID-19%20and%20managing%20mental%20health-GeneralNS+CID\\_5da00bc3600e762a6ce44830c3e7545f&utm\\_source=Campaign%20Monitor&utm\\_term=tips#card=1](https://www.jedfoundation.org/id-like-some-tips-to-manage-stress-and-worries/?utm_medium=email&utm_campaign=2020-03-11%20Coronavirus%20resources-The%20JED%20Team-COVID-19%20and%20managing%20mental%20health-GeneralNS&utm_content=2020-03-11%20Coronavirus%20resources-The%20JED%20Team-COVID-19%20and%20managing%20mental%20health-GeneralNS+CID_5da00bc3600e762a6ce44830c3e7545f&utm_source=Campaign%20Monitor&utm_term=tips#card=1)