

APRIL Is Stress Awareness Month.

DON'T LET THE CORONA VIRUS TAKE OVER YOUR STATE OF MIND!

**MANY
THINGS

ARE

UNDER

YOUR

CONTROL!**

Here are a just few things **YOU CAN DO** to manage your stress level:

YOU CAN learn on-the-go digital tools to keep your family healthy & maintain a healthy environment.

YOU CAN get stress management therapy! Visit comprehensivecenterforpsychotherapy.com

YOU CAN get help finding work. Any sector! Visit santronics.net for FREE RESOURCES

YOU CAN volunteer and help others while also helping yourself! Contact the [Mask Squad](http://themasksquad.com)

YOU CAN experience Yoga and Mindfulness via virtual classes at [eZential Wellness](http://eZentialWellness.com).



Questions? Please contact Augusta Santos 908-938-0392 johncharitable.aol