

HOPE & WELLNESS

COVID-19

Staying STRONG & POSITIVE is KEY during these uncertain times!

Feelings of anxiety or stress are completely normal at this time.

Seek professional help if you are in a mental health or suicide related crisis.

WORKSHOP POSTPONED

EDUCATION KILLS FEAR & HELPLESSNESS!!

***We cannot control everything but we can control a lot of things!!!!**

***We can all learn selfcare tools to help, release stress & strengthen our emotional/mental/physical health during these difficult weeks ahead.**

***Spending time in Nature and getting exercise.**

***Yoga, Mindfulness, Meditation**

***Healthy Nutrition (eating the right foods)/quality supplements to enhance immunity system is KEY (our diet is linked to our mental, physical, immune health)**

***Stay connected with your loved ones/friends via social media.**

FREE RESOURCES:

www.thejohncharitable.org

NJ Helpline: 908-232-2880

2nd Floor Helpline: 1-888-222-2228

Nat'l Suicide Prevention Helpline: 1-800-273-8255

Questions? Contact Augusta Santos: 908-938-0392 johncharitable@aol.com