

Practice self-care  
Be kind to each other  
Take 5 minutes to relax

Let a NYC EAP Counselor help you BREATHE

Check out  
our stress relief  
videos in English,  
Spanish, Creole,  
Mandarin & Urdu.



<https://vimeo.com/showcase/6975351>



Touch-base with an EAP Counselor:  
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