

FEELING STRESSED?

HELP CALM YOUR MIND

Take A 5-MINUTE BREAK TO LET
YOUR BODY AND MIND RESET



breathe

Check out one of our guided stress relief videos
in **English, Spanish, Creole, Mandarin and Urdu**

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



Touch-base with an EAP Counselor:
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