Stress Management



# COVID-19 has brought on so many changes to our daily lives and many are experiencing increased stress and even anxiety as a result.

## If you would like to speak to a counselor, a Meridian counselor is available via Zoom for teachers on Tuesdays at 10am beginning next Tuesday, 5/5/20. Zoom is available for download on your smart device, including a phone, tablet, laptop, or desktop. Schedule an appointment today by e-mailing Elizabeth Taylor.

Elizabeth Taylor, LMHC : elizabeth\_taylor@mbhci.org

 