

## **Business & Workforce Recovery Solutions, Inc.**

**ATTENTION – DO YOU NEED ASSISTANCE DEALING WITH THE COVID-19 PANDEMIC?**

### **We are Here to Help**

The Southwest LA Recovery Project for Small Businesses, Workers, and Families in conjunction with the Southwest LA Education and Employment Assistance COVID Recovery Project can assist you! Please connect with us at [info@businessworkforcerecovery.com](mailto:info@businessworkforcerecovery.com), (337) 502-1911, or <https://businessworkforcerecovery.com/>.

### **Educational Tips to Cope with Stress**

The COVID-19 pandemic continues to cause excess stress in our families, schools, businesses, and communities. The CDC provides [Healthy Ways to Cope with Stress](#):

- Take breaks from watching, reading, or listening to news stories, including those on social media.
- Take care of your body by exercising, eating healthy, getting plenty of sleep, stretching, avoiding excessive alcohol, tobacco, and substance use.
- Make time to unwind — Try to do some activities you enjoy.
- Connect with others — Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations — connect at special events, online, through social media, or by phone.



Content source: Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health