



Coronavirus COVID-19  
**HERE TO HELP**



## **MINDFULNESS**

With stay at home orders currently in place, it can be challenging to handle the stress and anxiety of the unknown. One way to process these emotions is through mindfulness.

### **What is mindfulness?**

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings and thoughts.

Mindfulness can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also help focus our attention.

**Our Employee Assistant Program vendor, Health Advocate, offers resources to help your practice mindfulness.**

<http://blog.healthadvocate.com/2020/04/stay-focused-by-taking-a-mindfulness-break/>

**Health Advocate offers a FREE nurse line!  
For non-urgent health issues please call 877 240 6863.  
This nurse line is available 24 hours a day, 7 days a week.**

## **New Jersey and Pennsylvania – COVID 19 Websites**

**States are doing their best to provide information that can be helpful to residents. Both New Jersey and Pennsylvania have established COVID 19 websites.**

**The links are provided for your convenience:**

<https://covid19.nj.gov/index.html>

<https://www.pa.gov/guides/responding-to-covid-19/>



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### **Local Donations**

**Food banks and charitable organizations are in need of assistance as the request for food continues to rise.**

**If you are able to make a contribution, consider supporting the following local organizations and be sure to check out their wish list and order items they need.**

**New Jersey - local community food bank**

<https://angelsoutreach.org/covid-19-help/>

**Supports Greater Philadelphia area**

<https://www.philabundance.org/>

**401K PARTICIPANT SERVICES CENTER- 1 844 749 9981  
NJ CORONAVIRUS AND POISON CENTER HOT LINE – 1 800 222 1222  
GREATER PHILADELPHIA CORONAVIRUS HELPLINE – 1 800 722 7112**

### **RAINY DAY ACTIVITIES FOR KIDS!**

**Looking for ideas to keep kids SAFE at home active when they can't go outside?**

**Take a look at some of these ideas to get your kids up and moving!**

<http://blog.healthadvocate.com/2020/04/fun-indoor-fitness-ideas-for-kids-2/>