

April

💧 "A good way to overcome stress is to help others out of theirs." - Dada J.P Vaswani 💧

Stress Awareness Month

April is *National Stress Awareness Month* to raise awareness of the negative impact of stress.

There is no single definition for stress, but the most common explanation is physical, mental, or emotional strain or tension.

It's critical to recognize what stress and anxiety look like, take steps to build resilience and manage job stress, and know where to get help.



Earth Day

Every year on April 22nd, *Earth Day* marks the anniversary of the birth of the 1970 modern environment movement. Help our planet by planting trees, recycling plastic and picking up waste!

Scan the QR code for ways to give back to the environment!



Adopt a Shelter Pet Day!



National Adopt a Shelter Pet Day is celebrated across the nation on April 30. This day reminds people across the nation to make an effort to help at a pet shelter, whether that be by adopting or volunteering!



Scan the QR code to help volunteer or adopt a friend today!

To learn about CHC or to donate, visit www.childrenshealthcollaborative.com.

