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 specifically for Bradford High School seniors on Thursdays at 2pm beginning next Thursday, 5/7/20. Zoom is available for download on your smart device including phone, tablet, laptop, or desktop. Schedule an appointment today by e-mailing Elizabeth Taylor.

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

 