



# April is Stress Awareness Month!

## April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <a href="#">National Public Health Week</a>	5	6	7 <a href="#">World Health Day</a>	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### Community Resources

[Danbury Hospital Stress Management Resources](#)

[Wellness information from Turning Point CT](#)

[Gentle Yoga Groups at Middlesex Hospital](#)

[Saint Francis Hospital - Classes/Events](#)

[Yale-New Haven Hospital: Understanding Meditation](#)

### Online Resources

[Workplace Stress Awareness](#)

[Stress Fact Sheet](#)

[Stress and Gender](#)

[Stress and Anxiety Interfere with Sleep](#)

[What Kids Say About Handling Stress](#)

[Stress and Aging](#)

[Stress and Disease](#)

[Stress and Grief](#)

[100 Ways to Reduce Stress](#)

### Toolkits

[Stress Management Posters](#)

[Stress Management Relaxation Exercises](#)

[Stress Hardiness Quiz](#)

[Quick Stress Relief Video](#)

[Stress Relief Ideas on Pintrest](#)

[#ChatStress](#)

[#StressManagement](#)

[#Stress](#)

[#StressAwareness](#)