



Take A Deep Breath!

It has been a hard year for all of us. During September 2002, take some time to heal your mind, body and spirit. Here are some ideas to help with the stress of the 9/11 anniversary:

- **Call a friend**– It is OK to feel sad and talking to a friend may help ease the pain. For help call 1-800-LIFENET.
- **Take a Walk**– Visit a park, museum or just stroll down Broadway. Discover a new favorite place in our great city.
- **Exercise**– Dust off your workout gear. Shoot some hoops with friends. Sweat your stress away!
- **Rediscover the joy of eating**– Be conscious of what you eat, add fresh veggies and fruits to your diet. Have a pot luck dinner or teach your family how to make a favorite recipe.
- **Take a deep breath**– Try some yoga, practice new breathing techniques or learn about Reiki, get or give a massage.
- **Be with friends, family and neighbors**– Express your thoughts and feelings to one another in creative ways.

Healing Mind, Body and Spirit:
 honoring September as NYC's Wellness Month. For more information contact us at: NYC RECOVERS, 1051 Riverside Drive, Unit 29 New York, NY 10032
 ☎: 212-740-7297 📠: 212-795-4222
 ✉: nycrecoverers@yahoo.com 🌐: nycrecoverers.org



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