

APRIL *Newsletter*



WE'D LIKE TO WISH THOSE WHO CELEBRATE A HAPPY:

- **Passover** - April 5th to 13th
- **Easter** - April 9th
- **Earth Day** - April 22nd



ALCOHOL AWARENESS MONTH

According to the website, *Alcohol.org*, Alcohol Awareness Month is a program initially introduced in April of 1987 by the National Council on Alcoholism and Drug Dependence. The hope was to increase outreach as well as educate people on the dangers of alcoholism and issues related to alcohol. This would eventually become a national movement to draw more attention to the effects and the causes of alcoholism. The goal is also to help families and communities deal with drinking problems.

A significant part of Alcohol Awareness Month is to identify the stigma that surrounds alcoholism and substance abuse. Alcohol Awareness Month provides resources through community centers and treatment facilities to help increase the efforts to reach people in need.

STRESS AWARENESS MONTH

Another monthly observance is National Stress Awareness Month. According to the National Institutes of Health, this month is meant to raise awareness of the negative impact of stress. While there is no single definition of stress the most commonly used is "physical, mental, or emotional strain or tension". It is reported that stress is not "bad" however long-term stress can have harmful impacts on overall health

It is important to know how to not only manage stress but also be aware of how to identify what stress and anxiety looks like. You can visit the CDC's website for tips on building resilience and managing job stress.

