



We are here to serve you!

Penn Foundation's EAP is open and here to serve you. In response to our current health crisis related to COVID-19, we are offering appointments via telephone. If you would like to make a telephone appointment, call us at 215-257-6556.

Tips for Coping with Anxiety

- ◆ Breathe
- ◆ Walk outside/get exercise
- ◆ Meditate/practice mindfulness
- ◆ Diffuse lavender
- ◆ Get rest
- ◆ Listen to calming music
- ◆ Eat healthy - protein and green leafy vegetables and take a multivitamin
- ◆ Keep a daily routine as much as possible
- ◆ Laugh - watch comedies and funny shows/movies
- ◆ Minimize your exposure to news - only watch trusted sources
- ◆ Focus on what is constant and stable in your current environment

Call 215.257.6556 or visit
PennFoundationEAP.org.

