



COMMUNITY HEALTH CARE ASSOCIATION of New York State

RESOURCES TO SUPPORT PATIENTS EXPERIENCING STRESS



- [NYS Office of Mental Health Stress Management Tips for the Holidays 2022](#)
- [NYC Well Stress Apps Library](#)
- [Montefiore Relaxation Audio Tracks and Hotline](#)
- [University of Michigan Stress Management Tools and Resources](#)
- [University of Michigan Stress Management: Doing Progressive Muscle Relaxation](#)
- [Kelly McGonigal: How to make stress your friend](#)



COMMUNITY HEALTH CARE ASSOCIATION of New York State