# "Be Kind to Your Mind Day"

By **Oscar** - October 18, 2022



*Easterseals' "Be Kind to Your Mind" event that was held at Alvin P. William Park in Sewaren on Oct. 15 to mark World Mental Health Day.*

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Easterseals' "Be Kind to Your Mind" event held at Alvin P. William Park in Sewaren, NJ on Oct. 15 to mark World Mental Health Day.

The uplifting and educational event focused on managing stress, fighting stigmas and supporting the thousand who suffer from mental illness. Therapy Pets were there to demonstrate the healing power of companion animals, as well as peaceful meditation/deep breathing exercises.

Easterseals' "Be Kind to Your Mind" event held at Alvin P. William Park to mark World Mental Health Day.

A petición de Tom Tauchert

Evento de Easterseals "Sé amable con tu mente" que se llevó a cabo en Alvin P. William Park en Sewaren, NJ el 15 de octubre para conmemorar el Día de la Salud Mental Mundial.

Easterseals' "Be Kind to Your Mind" event held at Alvin P. William Park to mark World Mental Health Day.

El evento inspirador y educativo se centró en el manejo del estrés, la lucha contra los estigmas y el apoyo a las miles de personas que padecen enfermedades mentales.

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Las mascotas de terapia estuvieron allí para demostrar el poder curativo de los animales de compañía, así como la meditación pacífica y los ejercicios de respiración profunda.

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