



Please take a moment to answer a few very brief questions.

CV-19 Anxiety Survey

CLICK

AntiStressCenter.Com



Will You Help Me To Help Others?

As things have been escalating across the entire world with the COVID-19 situation, it has been causing an alarming increase in anxiety and magnifying other pre-existing mental and physical illnesses. **Anxiety and stress significantly compromise the immune system, which we need to function for us at the highest possible level right now.** This pandemic is affecting every single person and business on our planet in some way. This type of situation is new to all of us, we all have some level of concern. **Everything as we once knew it is changing so quickly and most of us do not like change, all change creates stress.**

Being concerned about the safety and well being of others has always been a big part of who I am and what I do, and that's one of the reasons I have been working on this presentation. I believe that we all must take the proper steps in remaining educated on the evolving situation, but not by watching the news day and night. **Constantly watching the news is extremely unhealthy and greatly increases the levels of anxiety and stress, something we surely do not need during this crisis.**

Each one of us must do our part and be a positive and active force as caretakers and educators. It's time to utilize our God given gifts and abilities, our talents and skills and learn how we can each be of assistance to those in need, especially to healthcare workers and the elderly. You may think that there isn't much, or anything that you can actually do but I can guarantee you this, if you take a few quiet moments alone a couple of times a day, pray and ask how He can use you

— it will be revealed to you.

I want to do anything that I can to provide my subscribers, clients, family and friends with the best information from the most reliable sources to stay physically, mentally, emotionally and spiritually healthy and productive. We must all do our best to look out for one another.

Something else that we certainly do not want during this type of isolation, is for family members to start getting on each others nerves, and that can happen very quickly. It can have a very negative and long-lasting or permanent effect relationships of every kind. **Calmness, kindness, patience and understanding towards ourselves, family and friends is an absolute priority at this time.**

I will compile this content by writing related articles as well as creating and audio and video. I will also be working on collaborations with assistance organizations, doctors, nurses, mental healthcare professionals, nutritionist, personal trainers and entertainment professionals.

How will the content be delivered? The content will be delivered via email and will include; articles, web links, audio and video downloads, links and streams.

What are some of the topics? Some topics may include, things to do, comedy, music, positive reinforcement, exercise, well-being, using this time positively, Skype sessions and video conference support groups. Stress, anxiety, depression, sleep issues and strengthening the immune system with be an underlying theme as well.

Who is the content for? Adults, Children, Teens, Seniors and Pets.

Sounds great, I'm interested! What do I do? If you are interested, your participation and interaction is extremely important from this point on. It helps me to create, compile and collaborate with others, so that I can bring you the absolute best and most relevant content. **Simply take the brief CV-19 Anxiety survey I have created to get started.**

As I frequently share with my clients — "There are always as many positives to any situation as there are negatives". However, we usually seem content or conditioned, to focus on the negatives. And believe it or not the CV-19 situation is loaded with positive things. So let me help you to learn about what they are and help to greatly improve your life and outlook. I am counting on your interaction with me to be able to provide the most pertinent content for you and your family. I will be putting another survey together to help determine what the most immediate

interests are.

Please feel free to share and thank you so much for your time and consideration.

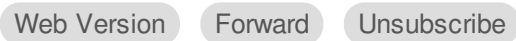


Sincerely,
Scott Lea, Certified Clinical Hypnotherapist

[Take The CV-19 Anxiety Survey](#)



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