Researchers at Kent State University have developed a Daily Coping Toolkit that could help you to better manage stress and increase positive experiences.

This 5-minute daily activity is designed for first responders and medical personnel to use during the COVID-19 Pandemic and there is no cost to participate.

To learn more about the Daily Coping Toolkit and to sign up for this research opportunity.

Go to: www.tinyurl.com/dailycopingtoolkit

Or contact the Project Team at Kent State University:
330-672-2184 or esrlab@gmail.com