

**For Immediate Release**  
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## **NYC EMERGENCY MANAGEMENT HOSTS SELF-CARE AND STRESS MANAGEMENT WEBINAR**

*‘Ready Up NYC’ is a monthly webinar series focused on providing preparedness tips to all New Yorkers*

**March 3, 2021** – Public health emergencies like COVID-19 can have a dramatic impact on mental health. On February 24, New York City Emergency Management collaborated with the NYC Department of Health and Mental Hygiene to host the second installment of the “Ready Up NYC” monthly webinar series, highlighting the importance of self-care and stress management at home and the workplace. The webinar focused on increasing listeners’ understanding of stress, including causes and common reactions, as well as how individuals can seek professional help and cope through self-care. You can watch the webinar [here](#).

“The COVID-19 pandemic presents a host of challenges, among them the potential strain on individual mental health. It’s important that New Yorkers are not only aware of the signs of increased stress, but can take steps to actively manage their levels,” said **New York City Emergency Management Commissioner Deanne Criswell**. “A special thank you to Dr. Monika Erős-Sarnyai at the Department for Health and Mental Hygiene for providing helpful tips and resources to New Yorkers during our monthly webinar series.”

Dr. Monika Erős-Sarnyai discussed the potential dangers of prolonged and traumatic stress on physical and mental health, including anxiety, depression, and high blood pressure. Dr. Erős-Sarnyai shared tips with New Yorkers that can help reduce levels of stress, including practicing self-awareness, setting boundaries between your work and home life, and managing your workload. She also emphasized the importance of seeking help from a mental health professional; and using such services as [NYC Well](#), a 24/7 helpline staffed by trained counselors who can provide mental health support and referrals in over 200 languages.

Being prepared for an emergency can often ease the stress of an uncertain situation. During the webinar, the Ready New York team also highlighted the three basic steps to emergency preparedness: making a plan, gathering supplies and staying informed. In January, NYC Emergency Management hosted the first “Ready Up NYC” webinar geared at helping New Yorkers identify items that should be included in their emergency Go Bag. (You can watch the Go Bag webinar [here](#).) New Yorkers can also request a virtual Ready New York presentation for their organization, workplace, or house of worship by visiting <https://www1.nyc.gov/site/em/ready/request-event.page>.

## **READY NEW YORK**

Ready New York is NYC Emergency Management's public education campaign. Through the program, you can learn about the hazards you may face in New York City and prepare for all



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types of emergencies by writing an emergency plan, choosing a meeting place, gathering supplies for your home, and preparing a Go Bag in case you need to leave your home in a hurry. For more information on how you can stay prepared, visit <https://www1.nyc.gov/site/em/ready/ready-new-york.page>.

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