



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

Addabbo Helps Constituents Tackle Their Stress with Workshop in Commemoration of April as Stress Awareness Month

JOSEPH P. ADDABBO JR. May 5, 2025



The presenters and crowd were all smiles after the event.

Senator Joseph P. Addabbo, Jr. hosted an interactive stress relief workshop in commemoration of April as Stress Relief Awareness Month. It featured experts from Northwell Health Long Island Jewish Forest Hills and held as a separate public event as part of the Richmond Hill Block Association monthly meeting on April 30, 2025.

The one-hour session featured presenters Dr. Tonya M. Lawrence, Director of Clinical

Professional Development at Long Island Jewish Forest Hills, and Jason Schaefer, Senior Employee Assistance Program Advisor at Northwell Employee & Family Assistance Program. The bulk of the presentation was given by Schaefer who covered topics like progressive muscle relaxation, mindfulness, meditation, yoga, the importance of smiling and laughter, and explanations of the importance of managing stress and how to rate one's condition on the stress continuum, a color-coded chart displaying the varying levels of stress from "ready" to "ill."

Attendees participated in stress relieving exercises while listening to relaxing music. They watched humorous short video clips that demonstrated some of the relaxation terms that were covered and they were given little goodies along the way such a bath loofa, note pad with inspirational words, a stress ball, a piece of candy and / or small snack and a re-useable tote bag with a flyer detailing information on how to follow up with Northwell Health for more information, help and resources.

"As a state senator, I believe that our community finds its power through the health of its members," Addabbo said. "This stress relief event represents my dedication to mental health support for our residents as we work together to create a stronger and more resilient district. My hope is that as we focus on peace and relaxation, we will create a solid foundation which supports the development of positive growth and harmony."

Senator Addabbo would like to thank all of the partners who made this event possible, especially the Richmond Hill Block Association for allowing the event to take place during their monthly meeting.