

Resources for Addressing Stress and Anxiety Regarding COVID-19

Child Mind Institute – An abundance of articles on COVID – 19 including *Talking to Kids About the Coronavirus* - <https://childmind.org/>

Dr. John Duffy – Television interview with Dr. Duffy gives his medical advice on how to adapt and stay calm during an anxiety inducing time - <https://www.nbcchicago.com/chicago-today-2/how-to-manage-coronavirus-anxiety/2236610/>

Dr. Robert Brooks - Resilience in the Face of COVID-19

https://www.drrobertbrooks.com/resilience-in-the-face-of-covid-19/?utm_source=March+2020&utm_campaign=March+2020+Article&utm_medium=email

Greater Good Magazine - How School Closures Can Strengthen Your Family

<https://greatergood.berkeley.edu/>

Understood – Works to help students with learning and thinking differences, several resources under *Coronavirus: Latest Updates and Tips* - <https://www.understood.org/en/school-learning/coronavirus-latest-updates>

Commonsense Media - Resources for Educators During the Coronavirus Pandemic

<https://www.commonsense.org/education/coronavirus-resources>

A Meditation for Feeling As Safe As You Reasonably Can – Rick Hansen, PhD

<https://youtu.be/DWinRAX-E4c>

Anxiety and Depression Association of America - Corona Anxiety Helpful Tips and Tools

<https://adaa.org/>

211 now available to answer general questions about COVID-19 - available by dialing 211 (or 1-866-811-5695), texting your ZIP code to 898-211, or emailing info@211maine.org.

Student Resources for Stress and Anxiety Regarding COVID-19

Headspace – meditation app offering some free meditations to reduce COVID-19 stress

<https://www.headspace.com/covid-19>

The Conversation – Article with coping strategies

<http://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

Well Being Resources from the University of Michigan – Fun relaxing videos great for study break

<https://wellbeing.studentlife.umich.edu/take-break>

Core Power Yoga on Demand – Free!

<https://www.corepoweryogaondemand.com/browse>

National Alliance on Mental Health – COVID -19 Information and Resources

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Breathe App – Free, combats stress/anxiety, acting as a natural tranquilizer for your nervous system. It takes just over a minute and can be done anywhere.

<https://apps.apple.com/us/app/breathe-1-minute-meditation/id1008766169>

Hey Sigmund – mindfulness videos for kids

<https://www.heysigmund.com/category/with-kids/mindfulness-videos-for-kids/>

Virtual Get Together or Programming Ideas

<https://www.jewishboston.com/a-teen-guide-to-navigating-coronavirus/>

Plan your get together or program as you typically would, you'll need a program plan and marketing to let attendees know about it. Use Zoom Video Numbers (first come first serve), Skype, Kast, or FaceTime Group Video Calls.

- 1) Zoom Silent Disco—we all love dancing, so why not do it with your friends? For a zoom silent disco, create a spotify/apple music playlist with all your favorite songs, then share that playlist with all your friends. Then, get on a Zoom call with your friends, pop your headphones in, and get dancing!
 - a) Hop on a zoom call with your friends
 - b) Everyone downloads the app “Pulse Social Radio” to listen together
 - c) One person creates a station, and sends it out to their friends
 - d) Everyone adds songs to the station, and dance away!
 - e) Alternative, use a Zoom breakout room, share your audio w/everyone else on silent, and dance away together!
- 2) Live Stream a favorite show and keep the chat open—Everyone loves a movie night, and those movie nights are event more fun with your friends! And no one likes when someone talks through a movie, so why not be able to chat about it silently? Try some of the links below to socially watch a movie with your friends!
 - a) Watch videos and shows together with: <https://twoseven.xyz/>
 - b) Download the extension “Netflix Party” on Google Chrome to start a watch party! Join a Zoom call and put yourself on silent to watch all together
- 3) Kast is another great watch together service!
- 4) Virtual Cooking Class—This one is simple, and has a variety of ways to do it. Either you can pull up a YouTube video of a cooking class, and share your screen (or use one of the services above like Kast), or, one person leads a class cooking a dish, demonstrating each party of the recipe. Once you're done, you can all eat together!
- 5) Book Club
 - a) Check out this free book site.
- 6) Esports—Using native online features of the Switch, Xbox, and Playstation, create tournaments for all sorts of games! Using a website such as Challonge, <https://challonge.com/> you can create a bracket for your tournament. Using a service like Kast, you can watch one another & compete as you play computer-based games as well!
- 7) Virtual Zumba/Yoga class—Things are stressful right now, we need a breather! Through Kast or Zoom, open a YouTube Zumba or yoga video, and come together for some class and relaxation!

a) Yoga with Adriene is a great place to start! Adriene's videos are free, fun, and accessible. Her videos range from 15-40 minutes, so there's definitely a class for you!

b) LIVELOVEPARTY.TV has a ton of Zumba videos for you & your friends to do!

###END