

Mental Health Resources – How to Cope with COVID-19:

- **Caring for Loved Ones**
 - Caring for children: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
 - Combating anxiety and taking care of loved ones: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- **Managing Stress & Anxiety**
 - Reducing stress: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.
 - 'Manage what you can, release what you cannot:' <https://bit.ly/2WPfVWV>
 - Take a moment and **breathe**: <https://www.fastcompany.com/90481875/10-science-backed-strategies-to-try-if-youre-stressed-about-covid-19>.
 - Managing and recognizing emotions: <https://bit.ly/2yfbgU3>
 - How Philosophers' Teachings Keep Us Calm: <https://psychcentral.com/blog/how-the-stoics-can-keep-us-calm-during-the-coronavirus-outbreak/>
- **Relevant Apps / Websites**
 - Calm App for meditations: https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720
 - A free exercise website: <http://fitnessblender.com/>