

MENTAL WELLNESS RESOURCES

USEFUL LINKS

[Science Based Practices for a Meaningful Life](#): (Website with compiled resources on a variety of topics including resilience, mindfulness, happiness, etc)

[Here's what astronauts and submariners say about coping with self-isolation](#) (Article that provides a really interesting perspective)

[How You and Your Kids Can De-Stress During Coronavirus](#) (Great article and resources for parents)

[In Stressful Times, Make Stress Work for You](#) (NY Times Article)

[Coronavirus: How Emotional Contagion Exacts a Toll](#) (UPenn Wharton School Article)

[3 Ways to Manage Emotional Contagion](#) (Talkspace Article)

SELF-TALK RESOURCES

[Worksheet](#) to help change your automatic internal dialogue

[Worksheet](#) to help stop and assess your thoughts

[Worksheet](#) for coping self-talk

[Don't Feed the Worry Bug](#)- Children's book that talks about the importance of not letting your worries get too big

[Interview](#) with Jon Gordon

Key Points:

- When you put a carrot, egg, and coffee bean into boiling water they all react differently. The carrot softens, the egg hardens, the coffee bean transforms. Be a coffee bean.
- Fear and faith are both beliefs in a future that hasn't happened yet. Fear is belief in a negative future, faith in a positive future. Choose faith.
- You might not love the process but you love what the process produces. It's not about discipline, it's about devotion.

Short Headspace Videos about accepting your thoughts:

[Finding Balance in the Mind](#)

[Finding Perspective](#)

[Dealing with Anxiety](#)

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ANXIETY AND STRESS MANAGEMENT RESOURCES

****Suggested Activity: ****

- Identify and use your strengths to help you through stressful times: <http://KPEX.pro.viasurvey.org>
 - Follow up info: <https://positivepsychology.com/via-survey/>

Counseling Resources:

- [TalkSpace](#): text-based subscription counseling services
- [TAO Connect](#): Online guided self-help program:
 - Private online library of engaging, interactive programs to help you gain the knowledge, self-awareness, and coping skills. You can complete TAO at your own pace, whether that's just one session a day or two whole modules.
 - Free two week trial then \$25/month

Anxiety Apps and Tools:

- [What's Up](#)
- [Mood Tools](#)
- [WYSA](#)
- [Anxiety Meditations](#)

Recommended Books Don't Feed the Worry Bug (Andi Green)-it's a children's book but it's still good

3 minute podcasts:

- [Calm is Contagious](#)
- [You're Human](#)
- [Respond Better to Stress](#)
- [Lean into Discomfort](#)
- [The Things You Always Think About](#)
- [Hunt Your Fears](#)
- [Mess with Stress](#)

Videos:

- [Eye of the Storm Meditation](#)
- [Dealing with Anxiety](#)
- [Anxiety reducing home workout](#)

PLEASE NOTE: A licensed professional is your best resource for helping you to cope with overwhelming anxiety. While preventing stress and anxiety from becoming overwhelming is ideal, it's also helpful and often times necessary to have the support of others. Don't hesitate to ask for help.

Worksheets:

- [Happiness and positivity worksheets](#)
- [Coping Worksheet](#)
- [Recognizing how anxiety impact you](#)
- [Decatasrophizing Worksheet](#) (this one is very helpful for bringing thoughts into reality)
- [Window of Tolerance](#)

Article: <https://ideas.ted.com/3-ways-that-tech-helps-me-handle-my-anxiety-and-depression/>

Websites:

- [Anxiety and Depression Assoc. of America](#) – contains lots of links and information related to anxiety and coping with coronavirus anxiety
- [Panic attacks](#)

Ted Talks

- [How your brain creates emotions](#)
- [Blog with links to the best tedtalks on anxiety](#) (there are some really good ones in here!)

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