Coping Resources for COVID 19

Maintaining our mental and emotional health can be challenging in times of uncertainty. Arming ourselves with information and resources can help us create the structure and balance that we need during this time. Below are subject specific resources to aid you in managing your day-to-day life during the pandemic.

PARENTING RESOURCES

The American Psychological Association offers healthy parenting tips during COVID-19, click here

Suggestions for managing anger and frustration at home can be found here

Practicing self-care during the pandemic is vital. For more information visit here and here

Tips for maintaining child/family safety when returning to sports during COVID-19, click here

Strategies for single moms coping with anxiety, click here

ANXIETY RELIEF

Strategies for taming anxiety during COVID-19 can be found by visiting here.

In this informative interview, Cleveland Clinic's, Dr. Susan Albers discusses the differences between stress and anxiety and offers practical steps to ease anxiety and stress, Visit this link.

Yale Medicine discusses utilizing mindfulness as a tool to combat COVID-19 related stressors, click here

CAREGIVING DURING COVID-19

AARP shares helpful information on the following areas:

Working and being a caregiver during COVID-19, click here

Keeping loved ones safe as stay at home orders lift, click here

Important questions to ask your home health aide, visit

Keeping loved ones active while at home, click here

SAFE FAMILY ACTIVITIES DURING COVID-19

Healthy Children.org offers suggestions for getting children and teens outside while social distancing, visit here

The Mayo Clinic discusses the importance of safely getting outdoors during COVID-19, as well as low-risk activities to do with the family, click here