



R E S O U R C E S

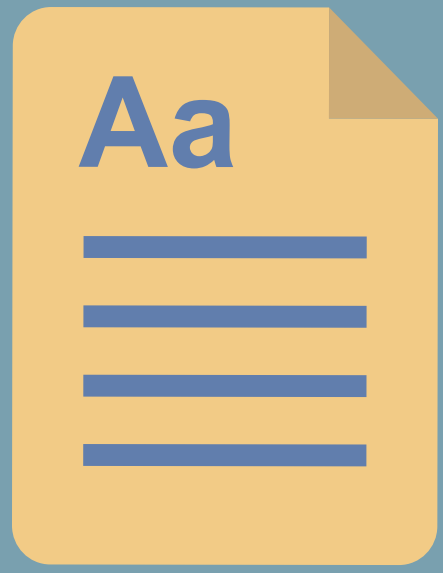
COVID19: COPING WITH ANXIETY, STRESS AND ISOLATION



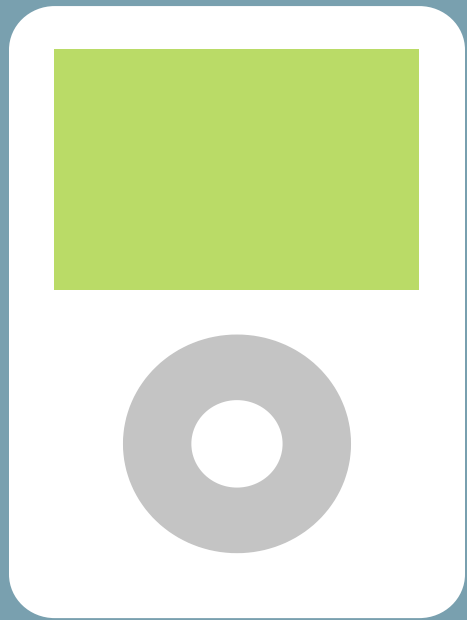
When a crisis like the COVID-19 school campus closures occur, we all respond differently. The experiences are as diverse as our community. There is no right or wrong response to this crisis, there is no “one way”. But there are actions we can take to help us not only get through this current crisis, but to emerge from the crisis wiser, stronger, and more connected.

Check the list of suggestions of how we all might take an active role in building our own resilience throughout this experience while keeping ourselves grounded and mentally healthy.

ONLINE RESOURCES



Read the article *Ten Strategies for Educators' Wellbeing: A Handbook for Schools During the COVID-19 Outbreak* [click here](#)



Listen to the *Podcast* for educators [click here](#)



When schools shut down campuses in response to the Coronavirus, how can administrators, teachers, and counselors adapt to meet the community's needs? Each week, join Ellen Mahoney, an expert in SEL and mentoring in international schools, as she interviews guests who share insight into navigating this new normal.

Podcasts to support you when you feel anxious or worried.
[click here](#)



Meditation

Meditation apps are an accessible way to introduce mindfulness into your daily life.

The grounding practice can be helpful during these stressful times, some apps (like [Headspace](#)) have 1-, 3- and 5-minute guided meditation options.

Many services offer free trials, and the app [Simple Habit](#) is currently free through the end of April.

[click here](#) to see more apps

ONLINE RESOURCES



COLORING

Coloring is a simple, repetitive activity that'll help you disconnect from the never-ending news cycle. It'll help you reach the meditative state of flow where you're not thinking about anything else. Throw on your favorite music, pour a hot cup of tea and get ready to fill in the most intricate patterns you've ever seen.

You can also download any number of coloring book apps [click here](#).



READING

To check a helpful reading list for feel-good books, stories and poems [click here](#).

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PUZZLES

You can do jigsaw puzzles online. Jigsaw Explorer app and website has hundreds of puzzles available for you ! [click here](#) to explore.



Life is 10% what happens to you and 90% how you react to it

Charles R. Swindoll



Writing

All you need is paper and a pen (or your computer) and some ideas. If you want to get creative, write a short story. To get the prompts [click here](#).

As an option journaling and getting your thoughts and worries down on paper can help you see them with clarity, identify unhelpful behaviors and process your anxiety in a healthier way.

To read more about the benefits of journaling [click here](#).



Learn something new!

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Stay Safe