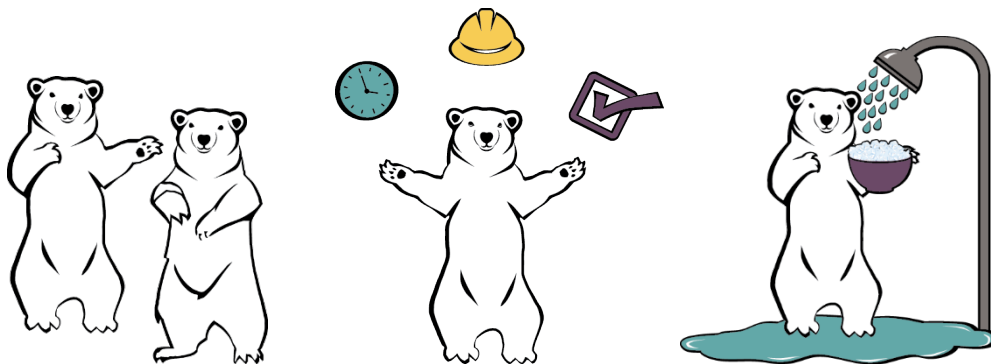




Coping with COVID-19 Resources for Resilience

The following list of resources has been created to assist you in having easy access to important resources. This is intentionally NOT an all-inclusive list. Rather, the resources suggested have been vetted to ensure quality of information and the source and to minimize your “hunt and peck” experience through endless links.





LISTEN

When our own brain is under distress, our thinking can become rigid and tunneled. By listening to others, we are not only more able to meet their needs effectively and accurately, but we are also able to expand our own tunneled view. Listening helps the person who needs to be heard as well as the listener.

Active Listening Skills

- ARTICLE: <https://www.thebalancecareers.com/types-of-listening-skills-with-examples-2063759>
- 10 Steps to Effective Listening
Source: Forbes
<https://www.forbes.com/sites/womensmedia/2012/11/09/10-steps-to-effective-listening/#6abaa7df3891>

Listen to Your Body

- Listening to Your Body: Often ignored signs that you are under too much stress
Source: Psychology Today
<https://www.psychologytoday.com/us/blog/dont-worry-mom/201410/listening-your-body>

Leadership and Listening

- COVID-19: 6 Questions Managers Should Be Asking Employees While Working from Home
Source: INHERSIGHT
<https://www.inhersight.com/blog/insight-commentary/managing-remote-team-during-coronavirus? n=72887870#>



EDUCATE



Knowledge is often our greatest tool when dealing with a highly distressing event or circumstance. The better we understand what is happening, whether about the circumstance itself or our own reactions to it, the more equipped we become to overcome the impact and minimize the distress for ourselves and others.

“Why am I not like myself?”

How Trauma and Chronic Stress Impact the Brain

- ARTICLE: <https://www.psychologytoday.com/us/blog/the-mindful-self-express/201809/how-ptsd-and-trauma-affect-your-brain-functioning>
- VIDEO: Trauma and the Brain
https://youtu.be/b_n9qegR7C4
- VIDEO: Chronic Stress and the Brain <https://youtu.be/WuyPuH9ojCE>

“Why is this homeschooling thing so hard?”

Toxic Stress and the Child’s Brain

- VIDEO: The Biology of Toxic Stress
<https://youtu.be/Z4CD6jyWw2A>
- VIDEO: <https://youtu.be/KoqaUANGvpA> (learning brain versus survival brain)

“What do we need to know to help workers survive and thrive through this crisis?”

Understanding a Trauma-Informed Approach to the COVID-19 Response

- Source: Trauma Informed Oregon
<https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>

Resilience During Tough Times

- WEBINAR: Why are Some People More Resilient than Others During Perilous Times?
Source: International Society for Traumatic Stress Studies (1 hour presentation by Dr. Ann S. Masten) <https://istss.org/education-research/online-learning/free-recordings#Resilience>

Post-Traumatic Growth From the Coronavirus

- When people think of traumatic experiences and times, they often focus on the negative consequences but we also know that as human beings we often grow and learn even in the hardest of times. This is called Post-Traumatic Growth.
Source: ACES Connection
<https://www.acesconnection.com/blog/post-traumatic-growth-from-the-corona-virus-finding-hope>

Why Helping Others Helps Us

- Coping with COVID-19 in Community
Source: Anxiety and Depression Association of America (ADAA)
<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/coping-covid-19-community>



TAKE ACTION: HELP



A hallmark of a highly distressing and potentially traumatic event is the sense of powerlessness that often accompanies it. The antidote to powerlessness, is action. For some, that may mean rushing to the front lines by being a first responder or donating blood, for others it means finding other ways to help like creating support chains or sewing face masks. Helping others combats our own sense of helplessness and powerlessness all while making a difference to others.

Help Yourself

Most of us have managed through very difficult times before but when we are under extreme stress, our amygdala takes over and we struggle to access the information in our frontal lobe, including how to cope with our stress and fear. Oftentimes, we only require a reminder on what we need to do to sort through but sometimes we find that old skills are not working. Below you will find both things that you already know how to do and have perhaps forgotten as well as new suggestions.

“I am not coping well, what do I do?”

Coping Skills

- Digital toolkit for coping with COVID-19
Source: American Foundation for Suicide Prevention
<https://afsp.org/campaigns/covid-19/>

Learn Crisis Survival Skills:

- Source: Now Matters Now
<https://www.nowmattersnow.org/>
- Additional crisis skill videos:
Source: Rutgers University
<https://www.youtube.com/playlist?list=PLVILbxLe1Eo51f-BqC3u48AyikKun3mcT>

Pre-Existing Mental Health Conditions

If you have a pre-existing addiction or substance use disorder:

- On-Line 12-Step Programs:
<https://www.12step.org/social/online-meetings/>
<https://www.smartrecovery.org/>
<http://aa-intergroup.org/directory.php>

If you have a pre-existing mental health condition, how do I get on-line therapy?

- On-Line Counseling:
<https://www.betterhelp.com/>

“How do I take care of myself when I am stuck at home?”

Self Care

Additional On-Line Mental Health Tools:

- Safe Space (calming tools): <https://www.vibrant.org/safespace/>
https://kathrynhgordon.com/2020/03/13/online-mental-health-resources/amp/?_twitter_impression=true
- Workout at Home app
<https://www.downdogapp.com/>
- One pleasant activity and one mastery activity per day:
<https://www.cedarkoons.com/post-1/staying-home>

Sleep

- Source: Monash University Healthy Sleep Clinic, Turner Institute for Brain and Mental Health and Stanford University
[https://github.com/beisci/SleepInfo/blob/master/sleep in isolation.md](https://github.com/beisci/SleepInfo/blob/master/sleep%20in%20isolation.md)

“How do I work from home without losing it?”

How to work from home without losing your sanity

- Source: CNN Business

<https://www.cnn.com/2020/03/12/success/work-from-home-tips/index.html?fbclid=IwAR2cKUHZN5ExppBuPLxFnDOHJGGozLcORkepleOZUsiGK0uM-2NACTkc7Gc>

Help Someone You Care About

Help Children and Teens

As adults, we often underestimate the impact of experiences on children. While so many of us are worried about health and economics, being bored hardly seems catastrophic. However, understanding human development is important. Children have a biological need for social interaction, physical activity and learning so the inability for them to attend school goes far beyond just being “bored”. Parents are trying to manage a lot and children are trying to understand and cope. It is very hard on everyone but here are some resources to help you sort it out.

“How do I help my kids?”

- Helping children cope emotionally with the coronavirus (COVID-19)

Source: American Academy of Experts in Traumatic Stress

<https://www.aaets.org/helping-children-cope-emotionally-with-coronavirus>

- A COVID-19 Coping Workbook for Kids Under 7 -- in many languages:

<https://www.mindheart.co/descargables>

- VIDEOS: Tips for Parents with Kids at Home During COVID-19

Source: Child and Adolescent Mood and Anxiety Treatment Program at the University of Miami

<https://vimeo.com/channels/1547281>

- WEBINARS: (Free)

Parenting and Self Care in an Age of Uncertainty

Source: Dr. Regine Galanti

<https://www.longislandbehavioral.com/blog/2020/3/17/coronavirus>

- Practical Tips for Parents During COVID-19

Source: Dr. Melissa Kimber

<https://www.locke-psychotherapy.com/post/providing-emotional-practical-support-for-a-child-or-adolescent-during-covid-19>

- Six Social Distancing Tips for Parents

Source: Children's Health

<https://www.childrens.com/health-wellness/6-social-distancing-tips-for-parents>

- Coping Skills for Teens

Source: Stony Brook University

<http://www.schleiderlab.org/yes.html>

Help Elders

“How do I support my aging loved ones?”

Most of us imagine aging and retirement as spending our days relaxing on a beach and spoiling the children in our lives. Sadly, that is not the reality of being an elder during the Coronavirus. Many of them are watching their retirement savings deplete, are on a fixed income and are unable to receive basic medical care that they need to remain healthy both physically and emotionally. They need our support more than ever.

Older adults, especially in isolation and those with dementia or other health vulnerabilities, may become more anxious, angry, stressed, agitated, and withdrawn during the Coronavirus crisis. Reach out often and communicate with clarity, brevity and respect.

- COVID-19: We Must Care for Older Adults' Mental Health

SOURCE: American Foundation for Suicide Prevention

<https://afsp.org/covid-19-we-must-care-for-older-adults-mental-health/>

- Coronavirus and COVID-19: Caregiving for the Elderly

Source: Johns Hopkins Medicine

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-caregiving-for-the-elderly>

Help the Helpers

“How can we support our essential workers on the front lines of this crisis?”

While some of us are grappling with grieving canceled events and trying to manage parenting and working from home 24/7, other are putting themselves at risk by remaining at the job site in order to continue the operations so the rest of the world can function. These “first responders” are heroic. Many were already under incredible job strain before this crisis hit and are now dealing with an even more intense and high-stakes environment.

- Help the First Responders – acknowledge that responding to COVID-19 can take an emotional toll on them that may lead to burnout and emotional fatigue. Notice any secondary traumatic stress emerging resulting from exposure to another individual’s traumatic experiences. Offer them self-care opportunities and make sure they get a break from news coverage.

Disaster Responder Support

<https://www.samhsa.gov/dtac/disaster-responders>

<https://emergency.cdc.gov/coping/responders.asp>

Responder Strong

<https://responderstrong.org/>

Bulletproof App for First Responders

<https://www.100club.org/wellness/>

Help Your Community

“Who is most vulnerable and how can I help?”

- 10 ways to help others during the coronavirus outbreak
<https://www.positive.news/society/10-ways-to-help-others-during-the-coronavirus-outbreak/>
- Volunteer from Home with KyndKits
<https://projecthelping.org/kyndkit/>
- Health Justice & COVID-19:
https://www.healthaffairs.org/doi/10.1377/hblog20200319.757883/full/?utm_campaign=HASU+3-22-20&utm_medium=email&utm_content=COVID-19%3A+What+Congress+Should+Do+Next%2C+US+Hospital+Capacity%2C+Coronavirus+Responders%2C+Telehealth%3B+The+Power+Of+Access+To+Affordable+Care&utm_source=Newsletter&



RESOURCES FOR MANAGERS AND LEADERS



Crisis times are an essential moment for managers and leaders to know how to support their teams. Actions taken now make the difference between workforces that pull together or ones that get driven apart.

Resilience & Effective Leadership

- What Employees Need from Leaders Right Now

Source: Gallup

<https://www.gallup.com/workplace/297497/covid-employees-need-leaders-right.aspx>

- The heart of resilient leadership: Responding to COVID-19 -- A guide for senior executives

Source: Deloitte

<https://www2.deloitte.com/us/en/insights/economy/covid-19/heart-of-resilient-leadership-responding-to-covid-19.html>

Management Complexity

- Managing telecommuters in a pandemic? Here are 8 management tips

Source: www.zdnet.com

<https://www.zdnet.com/article/managing-telecommuters-due-to-novel-coronavirus-here-are-8-management-tips/>