

SUPPORTING ED WORKFORCE WELLNESS DURING COVID-19



RESOURCES FOR YOU

US Centers for Disease Control

- [Coping with Stress](#)
- [Mental Health + Coping During COVID-19](#)
- [Taking Care of Your Emotional Health](#)

American Psychiatric Association

- [Coronavirus + Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)

American Psychological Association

- [Speaking of Psychology: Coronavirus Anxiety](#)
- [Five Ways to View Coverage of the Coronavirus](#)

RESOURCES FOR YOUR LOVED ONES

Center for the Study of Traumatic Stress

- [Coronavirus + Emerging Infectious Disease Outbreaks Response](#)
- [Taking Care of Your Family During Coronavirus Fact Sheet](#)

The National Child Traumatic Stress Network

- [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#)

US Centers for Disease Control

- [Helping Children Cope with Emergencies](#)

National Public Radio

- [Just for Kids: A Comic Exploring the New Coronavirus](#)

The New York Times

- [Talking to Teens + Tweens About Coronavirus](#)

TOOLS + APPS

[HeadSpace](#)

- **Guided meditation + mindfulness app – free to health professionals with an NPI + email address through 2020**

[Ten Percent Happier](#)

- **App offering free 6 month subscriptions for its mindful meditation courses for all health care workers + volunteers (gift code: HEALTHCARE)**

Video Conferencing + Messaging

- **Connect with family members, friends, colleagues + peers virtually using instant messaging + videoconferencing tools, apps, + software**
- [Zoom](#)
- [Webex](#)
- [Skype](#)
- [Slack](#)
- [WhatsApp](#)

