

NY Alliance Webinar Coping with Stress 3.24.21
Useful Resources

[Caring for Each Other](#) Suggestions for continuing social responsibility and compassion during the quarantine.

[Computer Apps to Stay Connected](#) An annotated list with links to various internet-based apps that can be used to maintain contact with friends and family

[Compassion in Action: 15 Acts of Kindness](#) Suggestions for engaging with others through compassion and kindness.

[COVID-19: What You Need to Know](#) CDC article that provides basic but important facts about COVID-19: avoiding infection, vaccines, wearing a mask, handwashing. Good tool for teaching staff and others about staying safe and healthy.

[Emotional Well Being & Mental Health](#) An in-depth article about caring for yourself and others during the COVID-19 pandemic and quarantine

[Five Tips To Cope with COVID Fatigue](#) Comprehensive articles addressing COVID fatigue, explaining the pandemic and quarantine to children, caring for the elderly, and self care.

[GW Institute for Spirituality and Health](#): Comprehensive website with links to multiple resources for coping with the spiritual and emotional stresses of the pandemic.

[Growth After Trauma](#) Learn more about how trauma can facilitate emotional, spiritual, and personal growth in this insightful article.

[Mental Health Concerns & COVID Fatigue](#) Podcasts and tips from the University of Massachusetts Medical School with a focus on understanding and coping with COVID fatigue and the effects of isolation.

[NY Project Hope](#) A comprehensive website facilitating a connection to the confidential and anonymous Project Hope Help Line. Additional links on the website offer information for accessing a range of resources, including managing financial concerns, coping with stress, and suggestions for promoting relaxation and self-care.

[Resilience and Emotional Well-Being Video Series](#) A series of useful videos by mental health practitioners from the University of California/San Francisco Weill Institute for Neuroscience. These short videos provide tools, insights, and resources for individuals, caregivers, and practitioners for managing life and challenges during the pandemic.

[Worldometer](#) Daily statistics from all over the globe, including in-depth analysis and charts of the progress of the pandemic.