

“Coping with COVID” Links

CDC (Coping with stress): <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

CDC (Reducing stigma): https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Freducing-stigma.html

SAMHSA (Additional resources): <https://www.samhsa.gov/coronavirus>

<https://www.samhsa.gov/sites/default/files/social-distancing-domestic-violence.pdf>

VERY WELL MIND (Protecting your mental health): <https://www.verywellmind.com/protect-your-mental-health-during-quarantine-4799766>

THE LANCET (Common stressors in quarantine): [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext#seccesstitle50](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext#seccesstitle50)

ADAA (How to manage anxiety and isolation in quarantine): <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

WHO (Looking after our mental health): https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-Coronavirus/healthyathome/healthyathome---mental-health?gclid=CjwKCAjwqdn1BRBREiwAEbZcRx-uDSAPIdpJZ6L4dBSfj7xol_7flwc2PSm5nTidMIZNZvUeYcYW2BoCuRgQAvD_BwE

PSYCHOLOGY TODAY (Relationships in quarantine): <https://www.psychologytoday.com/us/blog/better-divorce/202004/relationships-in-quarantine-the-good-the-bad-and-the-ugly>

TALKSPACE (Managing feelings of powerlessness): <https://www.talkspace.com/blog/coronavirus-powerlessness-feelings-managing-anxiety/>

PTA OUR CHILDREN (Parenting during quarantine): <https://ptaourchildren.org/help-manage-covid-19-anxiety/>

MAGINATION PRESS FAMILY (Self-care skills for children in quarantine): <https://www.maginationpressfamily.org/stress-anxiety-in-kids/kids-feeling-stressed-help-them-learn-self-care-skills/>

UNIVERSITY OF ARKANSAS (COVID ANXIETY TOOLKIT): <https://health.uark.edu/coronavirus/caps-covid-19-resources-anxiety-workbook.pdf>