

View the latest version of this list online at: <https://www.sceh.us/sceh-webinar-handout-coping-with-covid-19>

Resources for Coping with Covid-19

Recommendations and resources from the American Psychological Association

- The APA's comprehensive resource page concerning the impact of coronavirus, including FAQs about telehealth, reimbursement, standards for therapy and testing, licensure, and resources for professionals, students, researchers, faculty, and older adults, resources and recommendations for self-care, coping, anxiety reduction, managing grief, and fostering wellbeing:
<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>
- APA guidance on telehealth, including technology solutions, emerging changes in policies, checklists, consent form recommendations, etc.:
<https://www.apa.org/members/your-growth/practice-management/telepsychology>
- Information about further expansion of telehealth coverage for Medicare recipients
<https://www.apaservices.org/practice/clinic/covid-19-medicare-billing-reimbursement-change>

Links to resources on general coping strategies:

- Self-care for psychologists during the COVID-19 outbreak
<https://www.apa.org/news/apa/2020/03/psychologists-self-care>
- Wellness webinars for psychologists
<http://pages.apa.org/wellness-webinars/>
- Coping in the era of coronavirus: A webinar for students
<https://www.apa.org/education/coping-webinar-students>
- Individuals, couples, and families: Optimal psychological survival in the era of coronavirus. Recorded webinar with Marina Bluvshstein, PhD (including information about parenting practices and interactions between couples):
<https://www.adlerpedia.org/concepts/55#resource-561>
- Video from Jeffrey Zeig: Dealing with Coronavirus Anxiety
<https://www.youtube.com/watch?v=xJ34DbKyX3U&t=461sjeff>
- Article about how complex trauma symptoms may get reactivated in the context of the COVID-19 pandemic or other crises:
<https://www.complexttrauma.org/still-scared-after-all-these-years-traumatic-stress-reactivated-in-a-time-of-global-cris>
- Breathing/mindfulness exercise video geared toward Spanish-speaking populations in Spanish:
<https://www.youtube.com/watch?v=zdKseHgbXVQ&feature=youtu.be>
In English:
https://www.youtube.com/watch?v=RNDJ_O3-Ve8&feature=youtu.be

Website www.sceh.us Email info@sceh.us Webinars: <https://www.sceh.us/webinars>

- Mental health guide for people of color, from Oberlin University:
<https://www.oberlin.edu/mrc/mental-health-guide>
- FREE self-paced online Yale course, “The Science of Well-Being,” concerning how to be happier in your everyday life:
https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=EHFxW6yx8Uo&ranSiteID=EHFxW6yx8Uo-yHhLZzjiEOd2E_qAaJOV_w&siteID=EHFxW6yx8Uo-yHhLZzjiEOd2E_qAaJOV_w&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=EHFxW6yx8Uo
- Staying Active During the Coronavirus Pandemic from Exercise is Medicine and the American College of Sports Medicine
https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf

Links to some specific activities for entertainment and distraction

- Virtual tours of 12 famous museums:
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Nature-related activities you can do at home, from The Chicago Botanic Gardens:
https://www.chicagobotanic.org/nature_and_wellness
- “Nature Moments” on Wednesdays from 12-1pm CST – the Chicago Botanic Gardens shares scenes occurring that day on the Gardens grounds:
https://www.facebook.com/chicagobotanicgarden/?ref=br_rs
- Virtual hiking experiences at the Morton Arboretum:
<https://www.facebook.com/MortonArboretum/videos/939294696492916/>
- Free month trial of The Great Courses – online:
https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000733&fbclid=IwAR2JO_EGyN6KsRjHICvxfkM5XkHlgjW0uLqnX93cRM5j4IdFOrFHJC_cXAE
- A list of live virtual concerts to watch, from NPR:
<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Free Online concerts:
<https://www.digitaltrends.com/news/the-best-free-online-concerts/>
- Livestream concerts:
<https://www.vulture.com/2020/04/all-musicians-streaming-live-concerts.html>
- Resources to create your own virtual choir, with friends or people around the world:
<https://www.virtualchoir.net/>
- An example of a virtual choir: “Down to the River to Pray”
<https://www.youtube.com/watch?v=BumCkswUUDA>

Website www.sceh.us Email info@sceh.us Webinars: <https://www.sceh.us/webinars>

- Free online jigsaw puzzles:
<https://www.jigsawplanet.com/>
- Play Crossword | Puzzles USA Today:
<https://puzzles.usatoday.com>
- Washington Post free crossword puzzles
<https://www.washingtonpost.com/crossword-puzzles/>

Recommendations for the transition to teaching online, for faculty, from the Higher Education Today blog:

https://www.higheredtoday.org/2020/03/30/guideposts-covid-19-learning-transition/?_cldee=cGFzemtAYWRsZXIuZWR1&recipientid=contact-a0f9a2d7d11ae511ac970050569e5b20-d495348d3cda4482b57f541c29e66615&utm_source=ClickDimensions&utm_medium=email&utm_campaign=HENA%202020&esid=24f0e96c-8a72-ea11-8124-005056866fb1

For Health Care Providers

- Mass General Hospital Resources for Health Care Providers
<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/health-care-providers>