

Maintaining Mental Health in Uncertain and Stressful Times

Resources and Tools

Be prepared but not panicked. Hope for the best, but get ready for the worst. Stay steady and strong in the face of uncertainty. Keep your cool to keep family and loved ones protected. These sayings sound great and are easy enough to talk about. But the reality can be more challenging. Here are resources to help you and your loved ones deal with uncertain, stressful times. The information provided here is meant to be helpful and has been vetted by mental health professionals; listing a resource does not indicate endorsement of a product or service.

Overall Mental Health Resources

- ➔ **Caring for Your Mental Health, Despite Coronavirus** - A guide from McLean Hospital that provides practical tips and suggestions from how to talk to children to addressing your own anxiety: <https://www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus>
- ➔ **Manage Anxiety & Stress During Coronavirus** - An overview from the Center for Disease Control and Prevention (CDC) that provides tips for people in general, parents, first responders and those released from quarantine: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- ➔ **Coronavirus and Mental Health Overview** - The National Alliance on Mental Health (NAMI) guide that addresses an array of questions relating to pandemic fears and anxieties. Covers topics like managing general anxiety, staying connected when working from home, what to do if you are running out of medication, and questions about loved ones who are incarcerated: <https://nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- ➔ **7 Science-based Strategies to Cope with Coronavirus Anxiety** - A psychologist out of Georgetown University identified seven concrete and evidence-based approaches to help you deal with anxiety: <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>
- ➔ **Resources for Dealing with Pandemics** - The American Psychological Association compiled a great list of articles, guides, podcasts and more to help people in the midst of pandemic crisis: <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

Address Coronavirus with Children

- ➔ **How to Support Children of Different Ages** - Comprehensive information for helping families cope with coronavirus, including how children of different ages may react and how to support them from the National Child Traumatic Stress Network: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- ➔ **Parenting During COVID-19** - A general article from Psychology Today to help parents navigate challenging times: <https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19>
- ➔ **Talking with Kids About Coronavirus** - A video and bullet points from the Child Mind Institute help breakdown how and why you should address coronavirus directly with children: <https://childmind.org/article/talking-to-kids-about-the-coronavirus>
- ➔ **Giving You the Language** - Scripts for speaking with children about coronavirus, giving you helpful language to start the conversation: https://medium.com/@DrRobyn_25594/7-scripts-to-talk-to-kids-about-the-coronavirus-35d3d70660da