



COVID-19 WELLNESS RESOURCES

FREE PROGRAMS

1. [CRISIS TEXT LINE](#)

Connect directly with a Crisis Counselor

2. [10% HAPPIER - SANITY GUIDE](#)

Meditations, podcasts, talks and free access to app for healthcare workers

3. [HEADSPACE - APP](#)

Free access for healthcare workers

4. [HEADSPACE - MEDITATIONS](#)

Free meditations

5. [UCLA](#)

Mindfulness meditations

6. [LES MILLS](#)

On-demand exercise videos

7. [YALE UNIVERSITY](#)

Free course: The Science of Well-Being

ARTICLES

1. [NPR](#)

Coronavirus Has Upended Our World. It's OK To Grieve

2. [ELEMENTAL MEDIUM](#)

Pandemic Sleep Advice Straight from Sleep Researchers

3. [MEDICAL XPRESS](#)

A Simple Exercise to Help Stay Calm in the Face of Coronavirus Uncertainty

4. [HARVARD BUSINESS REVIEW](#)

That Discomfort You're Feeling is Grief

5. [AFSP](#)

Taking Care of Your Mental Health in the Face of Uncertainty

6. [AFSP](#)

Supporting your Mental Health While Navigating Change

7. [THE GUARDIAN](#)

All grown-ups were once children



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TOOLS/INTERVENTIONS

1. HUFFINGTON POST

Coming to Your Senses: How to Stop Your Negative Thinking

2. THE ARTIST'S WAY

Morning Pages - the power of journaling

3. HEALTHLINE

Diaphragmatic Breathing

4. DR. ANDREW WEIL

Breathing Exercises: 4-7-8 Breath

5. HARVARD MEDICAL SCHOOL

Power of Gratitude

6. THRIVE GLOBAL

How to Unlock and Use Your Subconscious Mind

7. HEALTHLINE

Alternate Nostril Breathing

8. MINDFULNESS 360

Body Scan Meditation

9. GREATER GOOD SCIENCE CENTER, UCB

Loving-Kindness Meditation

10. THE DAILY

A Kid's Guide to Coronavirus

TIPS FOR MANAGERS

1. MEQUILIBRIUM

5 Keys to Leading through Coronavirus Uncertainty

2. EMPATHETIC QUESTIONS TO ASK COLLEAGUES

- What are you feeling today?
- How can I support you right now?
- What does that feel like for you?
- Would you like me to talk with you (offer advice) or just listen?
- What are your plans for today?
- What do we need to discuss so that this day or week will work optimally for you?
- How can we support and help other colleagues at this time?
- Is there anything else you'd like to share?