

## **The pandemic proves we all should know "psychological first aid." Here are the basics**

This *Washington Post* piece discusses some critical life skills that are more important than ever during the pandemic.

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## **How to Cope When Everything Keeps Changing**

This *New York Times* piece helps us figure out ways to make plans in this time of uncertainty where it often feels impossible to even make plans. *Note: This link may prompt you to sign in or create a free New York Times account.*

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## **We're All Socially Awkward Now**

This *New York Times* piece explores a potentially neglected side effect of the coronavirus pandemic: atrophy of our social skills.

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## **Mental Health & Coping During COVID-19**

The *CDC* offers some practical tips for coping with stress in a healthy way will make you, the people you care about, and your community stronger.

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## **Many Americans lonely, anxious during the pandemic, poll finds**

This *Knoxville News Sentinel/USA Today* article explains how a recent poll finds that many Americans are feeling lonely and anxious during the pandemic.

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## Mind and Body Approaches for Stress and Anxiety

Learn about ways to address your stress and anxiety using mind and body approaches, such as relaxation, yoga, tai chi, and meditation. This article is from the National Center for Complementary and Integrative Health, part of NIH (National Institutes of Health).

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## Mind and Body Approaches for Stress and Anxiety: What the Science Says

Learn about the research behind several specific mind and body approaches for stress and anxiety. These include relaxation techniques, yoga, tai chi, and meditation. This article is from the National Center for Complementary and Integrative Health, part of NIH (National Institutes of Health).

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## 5 Mental Health Apps to Help Manage Coronavirus Anxiety

This article from *Healthline*, a curator and publisher of health news and content, covers some mobile apps that can help manage coronavirus anxiety. *These apps are provided for informational purposes only. UTK does not endorse any particular app or developer.*

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## App: Sanvello for Stress & Anxiety

*Sanvello Health* has developed an app (iOS and Android) that offers information and support for dealing with stress and anxiety. The app is free, with in-app purchases, and the company is offering free premium access during the pandemic. *This app is provided for informational purposes only. UTK does not endorse any particular app or developer.*

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## Coronavirus Anxiety: Coping with Stress, Fear, and Worry

*HelpGuide*, a non-profit online resource of trusted information about mental health and wellness, provides some tips for dealing with the emotional toll of COVID-19 anxiety, stress, and fear.

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## How to Manage Your Loneliness

As this *New York Times* article points out, "you are far from alone in feeling alone." The article provides several ideas for managing your loneliness during these times of social distancing.

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## Take a Deep Breath: Survival Guide to Stress

Produced by the UTK Center for Health Education & Wellness, this survival guide seeks to help you:

- Identify the source of your stress
- Create a plan to manage your stress
- Know how to ask for help

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## Five Ways to Deal with Coronavirus-Induced Anxiety

In this *Washington Post* video, a reporter speaks with a mental health expert about coping with anxiety and stress, as well as adjusting to everyday life in the pandemic.

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## Coping with a Disaster or Traumatic Event

It is critical to take care of your emotional health so that you can think clearly and react to urgent needs of you and your loved ones. CDC provides some tips to help you and your family recover or find support, including:

- Steps to Care for Yourself
- How to Help Children
- Common Signs of Distress

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## Stress & Coping

Fear and anxiety surrounding COVID-19 can be overwhelming and can cause strong emotions. Coping with stress will make you, your loved ones, and your community stronger. CDC shares some important tips for coping with stress, including:

- Everyone reacts differently to stressful situations.
- Stress during an infectious disease outbreak can include a variety of forms.
- Things you can do to support yourself.
- Reduce stress in yourself and others

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## Managing Fears & Anxiety Around the Coronavirus

Harvard University shares some helpful information and resources for managing fears and anxiety surrounding the COVID-19 pandemic, including common reactions, managing, and coping.

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## You Can Take Care of Yourself in Coronavirus Quarantine or Isolation, Starting Right Now

This New York Times article calls out six things you can do right now to care for yourself during isolation, including:

- Bring movement into tiny moments
- Improvise for tools
- Increase your heart rate several times a day
- Get out and walk
- Stretch for at least 30 seconds
- Work on your breathing

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## Seven Science-Based Strategies to Cope with Coronavirus Anxiety

This article by *The Conversation* presents seven proven strategies for coping with COVID-19 anxiety:

1. Practice tolerating uncertainty
2. Tackle the anxiety paradox
3. Transcend existential anxiety
4. Don't underestimate human resiliency
5. Don't get sucked into overestimating the threat
6. Strengthen self-care
7. Seek professional help if you need it

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## Five Science-Backed Strategies to Build Resilience

The *Greater Good* pulled together five proven strategies that can help you confront emotional pain more skillfully:

1. Change the narrative
2. Face your fears
3. Practice self-compassion
4. Meditate
5. Cultivate forgiveness

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## A Brain Hack to Break the Coronavirus Anxiety Cycle

All the uncertainty about coronavirus spreads anxiety through social contagion. This New York Times article discusses some ways to minimize the anxiety spread.

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## A Psychologist's Science-Based Tips for Emotional Resilience During the Coronavirus Crisis

This article from the Washington Post offers some tips for emotional well-being during the pandemic:

- Accept negative emotions
- Create new routines
- Reinvent self-care
- Reflect, relate, and reframe

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## Costumes, Parodies, and Front-Lawn Jam Sessions: How People are Spreading Cheer Amid Coronavirus

This fun *Washington Post* video shows some ways people across the world found creative and cheerful ways to cope with the pandemic.

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## Coping Strategies

Learn more about some specific strategies for resiliency while socially distant. These strategies are provided by Dr. Larry Long, of University of Kansas Medical Center.

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## Re-Tool Your Thinking: Cognitive Restructuring

In this excerpt from a presentation by Dr. Larry Long, of University of Kansas Medical Center, learn about some common cognitive distortions and ways to overcome them.

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## Cognitive Defusion

Especially in times of crisis, we all tend to become entangled with our own thoughts. In this excerpt from a presentation by Dr. Larry Long, of University of Kansas Medical Center, learn more about what this can be like and some ways to overcome it.

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## Emotional Intelligence Toolkit

Want to become a happier, healthier you? This free program offers tools for managing stress and emotions, improving your relationships, and bringing your life into balance.

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