Resources for Coping During COVID-19

Below is a non-comprehensive list of existing resources to build resilience, manage stress, and practice self-care in the time of coronavirus, provided by the American Psychological Association as of May 14, 2020.

Resources from the American Psychological Association

- Building resilience
  - [http://www.apa.org/topics/resilience](http://www.apa.org/topics/resilience)
- Self-care resource center
  - [https://www.apa.org/topics/self-care](https://www.apa.org/topics/self-care)
- Self-care advice for health-care providers during COVID-19
- Self-care for psychologists during the COVID-19 outbreak

Tips for Coping

- Work and Telework
- Physical Distancing and Isolation
- Nature Has Benefits

Additional Resources

- **The Conversation**: Feeling overwhelmed? Approach coronavirus as a challenge to be met, not a threat to be feared
- **Washington Post**: A psychologist’s science-based tips for emotional resilience during the coronavirus crisis