

## 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>
- Self-care resource center
  - <https://www.apa.org/topics/self-care>
- Self-care advice for health-care providers during COVID-19
  - <https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19>
- Self-care for psychologists during the COVID-19 outbreak
  - <https://www.apa.org/news/apa/2020/03/psychologists-self-care>

### Tips for Coping

- Work and Telework
  - <https://www.apa.org/news/apa/2020/03/newly-remote-workers>
- Physical Distancing and Isolation
  - <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
- Nature Has Benefits
  - <https://www.apa.org/monitor/2020/04/nurtured-nature>

### Additional Resources

- **The Conversation:** Feeling overwhelmed? Approach coronavirus as a challenge to be met, not a threat to be feared
  - <https://theconversation.com/feeling-overwhelmed-approach-coronavirus-as-a-challenge-to-be-met-not-a-threat-to-be-feared-134211>
- **Washington Post:** A psychologist's science-based tips for emotional resilience during the coronavirus crisis
  - [https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html)