

## **Coping Resources for COVID 19**

Maintaining our mental and emotional health can be challenging in times of uncertainty. Arming ourselves with information and resources can help us create the structure and balance that we need during this time. Below are subject specific resources to aid you in managing your day-to-day life during the pandemic.

### **PARENTING RESOURCES**

The American Psychological Association offers **healthy parenting tips** during COVID-19, [click here](#)

Suggestions for **managing anger and frustration** at home can be found [here](#)

**Practicing self-care** during the pandemic is vital. For more information visit [here](#) and [here](#)

Tips for **maintaining child/family safety when returning to sports** during COVID-19, [click here](#)

Strategies for **single moms coping with anxiety**, [click here](#)

### **ANXIETY RELIEF**

**Strategies for taming anxiety** during COVID-19 can be found by [visiting here](#),

In this informative interview, Cleveland Clinic's, Dr. Susan Albers discusses the **differences between stress and anxiety** and offers **practical steps to ease anxiety and stress**, [Visit](#) this link.

Yale Medicine discusses utilizing **mindfulness** as a tool to combat COVID-19 related stressors, [click here](#)

### **CAREGIVING DURING COVID-19**

AARP shares helpful information on the following areas:

**Working and being a caregiver** during COVID-19, [click here](#)

**Keeping loved ones safe** as stay at home orders lift, [click here](#)

**Important questions to ask your home health aide**, [visit](#)

**Keeping loved ones active while at home**, [click here](#)

### **SAFE FAMILY ACTIVITIES DURING COVID-19**

Healthy Children.org offers suggestions for **getting children and teens outside while social distancing**, [visit here](#)

The Mayo Clinic discusses the importance of **safely getting outdoors** during COVID-19, as well as **low-risk activities to do with the family**, [click here](#)