

Online Resources for Social Emotional Health During Quarantine

- How can I decide between talking about how lonely I feel in isolation and how stressed I am about my family and how guilty I feel about falling behind at work and how hopeless I feel about American politics and...well, you get the idea.
[17 Totally Normal Things to Feel Right Now, According to Therapists \[self.com\]](#)
- If you've had to miss a milestone or anticipated event, here are five ways to ease the pain.
[Coronavirus Crisis: How to Grieve and Celebrate Canceled Events](#)
- Neurosequential Network COVID-19 Stress & Trauma Series-A 3 part series on dealing with stress during COVID-19
[COVID-19 | NMnetwork](#)
- Teaching Tolerance developed these resources to support student well-being and learning during school closures, and they will keep this page updated as they publish new pieces.
https://www.tolerance.org/supporting-students-through-coronavirus?utm_source=Teaching+Tolerance&utm_campaign=0c87ab2866-Newsletter+3-31-2020&utm_medium=email&utm_term=0_a8cea027c3-0c87ab2866-100769117
- This "portable" mindfulness practice can support you as difficult moments arise at any point in your day. The four steps of the STOP practice can take as little as a few seconds to a few minutes to complete. Try it out and see how long you prefer doing each step.

[The STOP Practice: Creating Space Around Automatic Reactions](#)

- At this time of crisis, the loss of connection to one's school community, and the relationships, supports, programs, and services a student may benefit from at school, will cause many students to feel lost and frightened. It is critically important to think about the needs of students with particular disabilities who rely on routine and predictability to manage stress and self-regulate traumatic reactions in productive ways. All students, but especially students with particular disabilities, may exhibit responses to this overwhelming stress that are confusing to adults. Looking through a trauma lens can help adults better understand and respond to what a student may be feeling.
[Understanding the Impact of Trauma on Students with Autism](#)
- Navigating the COVID-19 Quarantine-As a way of helping people cope with this unique situation, we are releasing podcast playlists that you might find useful.
<https://podcast.app/a/navigatingquarantine>
- Parents, Inc. offers a 24-hour Help Line: 1288-843-5437, Online Parent support groups: Wednesdays 8 pm and Thursdays 10 am.

www.pofnj.com

- NJ Department of Health Addresses NJ FamilyCare Requirements for the Provision of Telehealth Services Under New Legislation and Corresponding Waivers
<http://www.njamha.org/links/TemporaryTelehealthMedicaidNewsletterFINAL.pdf>

- Trauma Informed Educators Network Facebook Group
<https://www.facebook.com/groups/1950824761646206/>

- This is a free, online, on-demand system consisting of three primary components. Through this system, learners will understand the prevalence and impact of toxic stress on youth and those who care for them. Additionally, participants will understand how to infuse the values of safety, trustworthiness, choice, collaboration, and empowerment into various aspects of their existing equitable multi-level system of support.

<https://dpi.wi.gov/sspw/mental-health/trauma/modules>

- Check out this podcast from the Trauma-Informed Educators Network Podcast (<https://soundcloud.com/mathew-...de-14-dr-eric-rossen>) - focused on applying the 6 Principles of Compassionate, Trauma-Informed Schools, including during the current school closures from COVID.

- Amid the outbreak of new coronavirus, Camden County officials continue to connect residents with mental health and addiction issues.

[Camden County Addiction and Mental Health Resources](#)

- Here are three ways trauma survivors are being affected, especially if they are survivors of narcissistic individuals, and tips on how to cope.

[How to Cope as a Victim of Narcissism During COVID-19](#)

- This webinar will offer learners an overview of how to use telemental health and video visits in the changing landscape surrounding the 2020 COVID-19 pandemic.

<https://www.acesconnection.com/event/telepsychiatry-in-the-era-of-covid-19>

- Governor Phil Murphy today announced departmental actions from the Department of Human Services, Department of Banking and Insurance, Department of Treasury, Department of Health, Department of Children and Family Services and the New Jersey Division of Community Affairs to ensure New Jerseyans have access to telehealth and tele-mental health services to the greatest extent possible during the COVID-19 outbreak.

[Murphy Addresses Access to Telehealth Service](#)

- Uncertainty is one of our most difficult feelings to manage. We humans like to wrap our minds around things, we like to know what's going to happen. Here are some tips that will help you to manage anxiety and actively create some balance and calm throughout this challenging period.

[Maintaining Your Emotional Immunity During Covid-19](#)

- Now is a critical time to focus our collective attention on the global and local arrangements implicated in the management of the coronavirus. We want folks who care about social justice—from immigrant rights, to climate justice, voter registration, etc.—to seize this opportunity to explore and challenge what COVID19 shows us about the hidden (and not-so hidden) arrangements of our lives.

[Social Justice in a time of Social Distancing](#)

- A small collection of anti-oppressive, anti-racist homeschool curriculum ideas and resources for families impacted by closures caused by the coronavirus. [Anti-Oppressive/Anti-Racist Home School Options During Quarantine](#)
- With coronavirus closing down school districts across the country, BuzzFeed shares useful resources to help keep kids busy, entertained, and learning at home. [Free Educational Resources For Kids, Parents, And Teachers During Coronavirus](#)
- A short NEA Today curation of the most useful articles, links, resources, and webinars to help you through this challenging environment, followed by some tips and answers to common questions.

[Resources for Online Learning During School Closures](#)

- If you're noticing anxiety in yourself or those around you these days, you're not alone. The Yale Center for Emotional Intelligence provides you with a few ideas for managing those feelings. <https://www.rulerapproach.org/managing-anxiety-around-covid-19/>
- In the wake of an infectious disease outbreak, monitor your own physical and mental health. The Substance Abuse and Mental Health Services Administration (SAMHSA) shares the signs of stress in yourself and your loved ones. Know how to relieve stress and know when to get help.

[Coping With Stress During Infectious Disease Outbreaks](#)

- Free Mindfulness resources from Calm. [Mindfulness Resources](#)
- A user-friendly, brain-based program which empowers learners to develop internal resources, healthy habits and connected relationships which last a lifetime.

[1-2-3-wellness-program](#)

- GoNoodle: Good Energy at Home provides ways for kids and families to move and learn together.

[GoNoodle: Home](#)

- Yoga with Adriene provides high quality practices on yoga and mindfulness at no cost to inspire people of all ages, shapes and sizes.

[Yoga with Adriene](#)

- Damon Korb, M.D. recommends some strategies to make being shut-in a more harmonious experience for everyone.

[Parenting in a Pandemic - Damon Korb, MD](#)

- To aid individuals and communities during this time, the Mental Health Association has compiled a range of resources and information.

[Mental Health and COVID-19 – Information and Resources](#)

- In times like these, we need practical, actionable ways of coping with stress, fear, and anxiety. On Ten Percent Happier Live, the meditations, podcasts, blog posts, and talks on this page will help you build resilience and find some calm amidst the chaos.

[Coronavirus Sanity Guide](#)

- CNN Health shares some tips on how to keep the Coronavirus from affecting your mental health.

[How to keep coronavirus fears from affecting your mental health](#)

